



Disability-Inclusive Children's Books



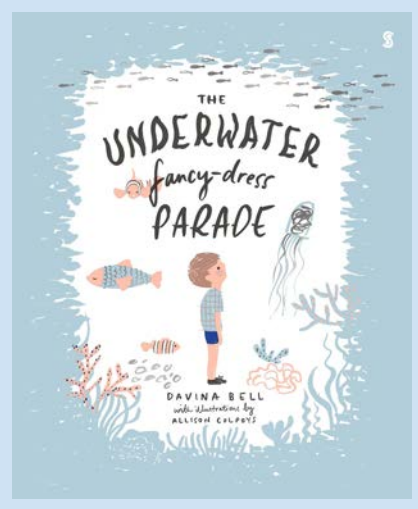


Disability-inclusive children's books

Cognitive/intellectual disabilities

Books on this list represent various mental health differences such as anxiety, eating disorders, and schizophrenia.

Early grades



[The Underwater Fancy-Dress Parade](#)

Davina Bell | Age 3-6 | Anxiety

The day before the underwater fancy-dress parade, Alfie got that feeling ...

Sometimes it's hard to be brave. Sometimes you get that feeling. Sometimes you're just not ready ... until, one day, you are.

From a dynamic new picture-book partnership comes the story of Alfie and a big octopus wearing a tiny hat and the things you can only whisper to the cowboys on your wallpaper.



[The Boy with the Big, Big Feelings](#)

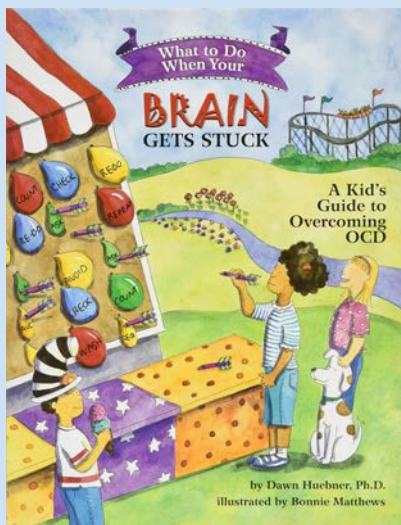
Britney Winn Lee | Age 4-8 | Anxiety

An instant classic in the world of Social-Emotional Learning, this bestselling picture book tells the story of one little boy with some big, big emotions -- and how he learns to see them for the gifts they are.

The Boy with Big, Big Feelings is relatable for any child -- especially for a child experiencing anxiety, extreme emotions, a child identified as a Highly Sensitive Person, or a child on the autism spectrum. Beautifully illustrated and written in rhyming verse, children and adults explore the whole spectrum of feelings and readers navigate the emotional challenges they face throughout the day.

The main character has feelings so big that they glow from his cheeks, spill out of his eyes, and jump up and down on his chest. When he hears a joke, he bursts with joy. When a loud truck drives by, he cries. When his loved ones are having a hard day, he feels their emotions as if they were his own.

The boy tries to cope by stuffing down his feelings, but with a little help and artistic inspiration, the boy realizes his feelings are something to be celebrated. Written by picture book author Britney Winn Lee and boldly illustrated by Jacob Souva, this book is a perfect companion to The Girl With Big, Big Questions.



[What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD](#)

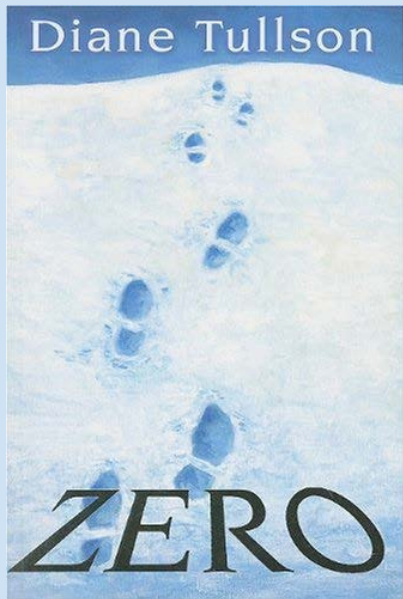
Dawn Huebner, Bonnie Matthews (I) | Age 6-11 | Obsessive-compulsive disorder

What To Do When Your Brain Gets Stuck guides children and their parents through the cognitive-behavioral techniques used to treat obsessive compulsive disorder. This interactive self-help book turns kids into super-sleuths who can recognize and more appropriately respond to OCD's tricks.

With engaging examples, activities, and step-by-step instructions, it helps children master the skills needed to break free from OCD's sticky thoughts and urges, and live happier lives. This What-to-Do Guide is the complete resource for educating, motivating, and empowering children to work toward change.

This book is part of the Magination Press What-to-Do Guides for Kids series and includes an "Introduction to Parents and Caregivers." What-to-Guides for Kids are interactive self-help books designed to guide 6–12 year old's and their parents through the cognitive-behavioral techniques most often used in the treatment of various psychological concerns. Engaging, encouraging, and easy to follow, these books educate, motivate, and empower children to work towards change.

Middle grades

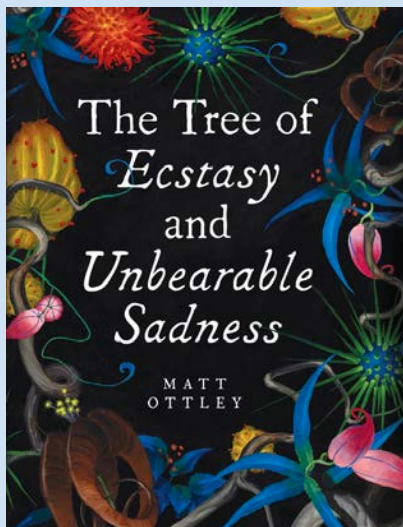


Zero

Diane Tullson | Age 10-14 | Eating disorder

Kas is doing well at her new arts school--her art is progressing nicely, she is adjusting well to living away from home, and she has made friends--but she has a destructive secret that she cannot confide to anyone around her.

Young adult/high school



Tree of Ecstasy and Unbearable Sadness

Matt Ottley | Age 15+ | General mental health and bipolar disorder

The Tree of Ecstasy and Unbearable Sadness is a masterful allegorical tale for the 21st century, weaving together the worlds of literature, music and visual art in the poignant story of one boy's journey into mental illness. Audiences are offered a mesmerising visual and auditory tour de force about beauty and resilience, society and belief, that at its heart expresses hope for a greater understanding and embracing of difference. The narrative unfolds around the metaphor of a tree growing within the boy, whose flower is ecstasy and whose fruit is sadness. This luminous, multi-faceted work is inspired by the experiences of its award-winning creator, Matt Ottley, who has lived with bipolar disorder all his life and been hospitalised on numerous occasions in mental health facilities. Having personally experienced the prejudices and challenges that come from suffering a mental illness, Matt's aim is to offer a sensory insight through words, music and images into the experiences of those who suffer from such debilitating illnesses, particularly psychosis. At the heart of the work is a 50-minute orchestral composition by Matt Ottley, performed by the Brno Philharmonic Orchestra, the Czech Philharmonic Choir Brno, tenor Ben Reynolds and narrated by Tina Wilson. This book comes with a CD recording and download link of the musical work, which forms part of this multi-modal work. Recommended for readers 15+



[The Bell Jar](#)

Sylvia Plath | Age 15+ | Clinical depression

Sylvia Plath's hauntingly poignant novel, *The Bell Jar*, delves deep into Esther Greenwood's fragile mind, akin to a halted clock in a jar. Amidst the 1950s American backdrop, the book explores how societal norms suffocate women, trapping Esther in a metaphorical bell jar, separating her from the world.

Plath's vivid language and portrayal of Esther's mental struggle create a timeless masterpiece, illuminating the intricacies of the human mind and the relentless pursuit of self-discovery amidst societal pressures.



[History is All You Left Me](#)

Adam Silvera | YA | Obsessive-compulsive disorder

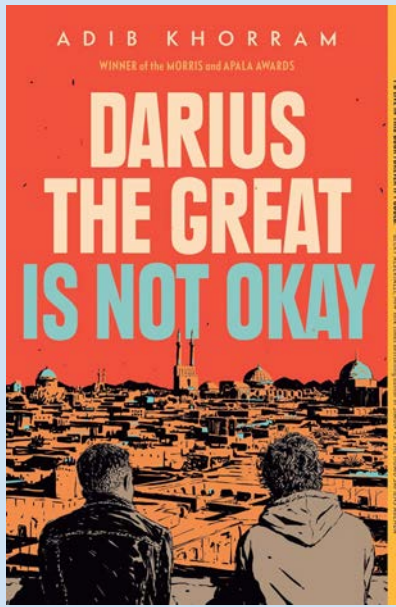
A special deluxe edition featuring an introduction by Becky Albertalli, New York Times bestselling author of *Simon vs. the Homo Sapiens Agenda*; discussion questions; a new postscript from Griffin; and a letter from the author about the heartbreak that started it all.

From New York Times bestselling author Adam Silvera comes an explosive examination of grief, mental illness, and the devastating consequences of refusing to let go of the past.

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, 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 Theo's new boyfriend, 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.



[Darius the Great is Not Okay](#)

Adib Khorram | YA | *Clinical depression*

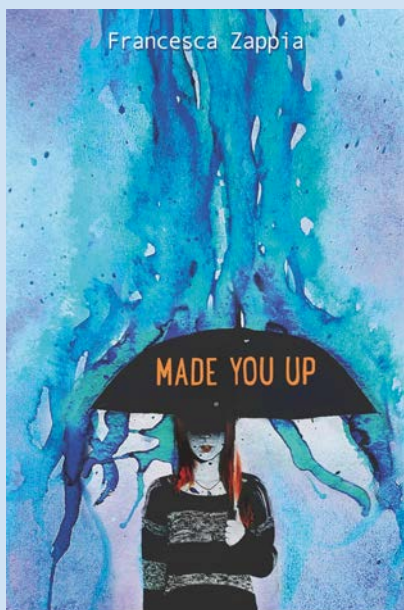
Winner of the William C. Morris Debut Award

“Heartfelt, tender, and so utterly real. I’d live in this book forever if I could.”
—Becky Albertalli, award-winning author of *Simon vs. the Homo Sapiens Agenda*

Darius Kellner speaks better Klingon than Farsi, and he knows more about Hobbit social cues than Persian ones. He’s a Fractional Persian—half, his mom’s side—and his first-ever trip to Iran is about to change his life.

Darius has never really fit in at home, and he’s sure things are going to be the same in Iran. His clinical depression doesn’t exactly help matters, and trying to explain his medication to his grandparents only makes things harder. Then Darius meets Sohrab, the boy next door, and everything changes. Soon, they’re spending their days together, playing soccer, eating faludeh, and talking for hours on a secret rooftop overlooking the city’s 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.

Adib Khorram’s brilliant debut is for anyone who’s ever felt not good enough—then met a friend who makes them feel so much better than okay.

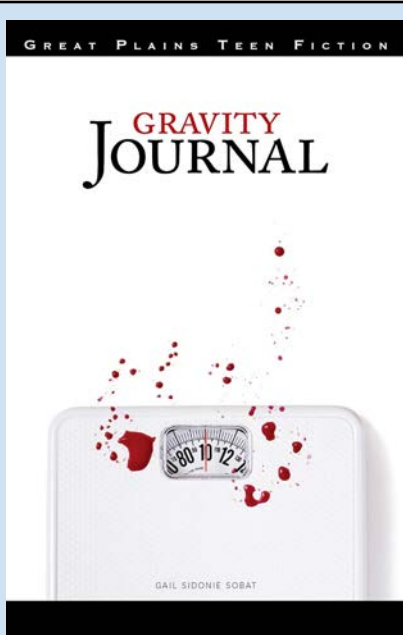


[Made You Up](#)

Francesca Zappia | YA | *Schizophrenia*

Reality, it turns out, is often not what you perceive it to be—sometimes, there really is someone out to get you. For fans of *Silver Linings Playbook* and *Liar*, this thought-provoking debut tells the story of Alex, a high school senior—and the ultimate unreliable narrator—unable to tell the difference between real life and delusion.

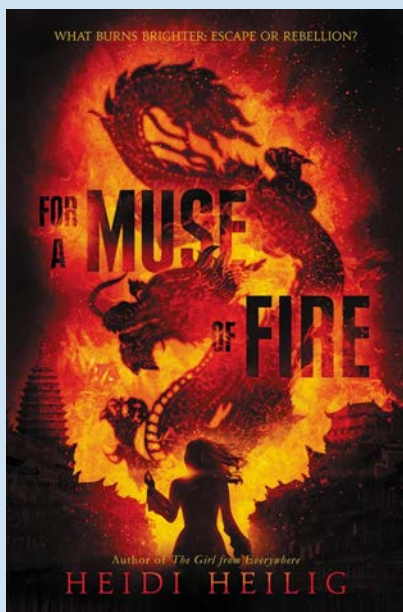
Alex fights a daily battle to figure out what is real and what is not. Armed with a take-no-prisoners attitude, her camera, a Magic 8 Ball, and her only ally (her little sister), Alex wages a war against her schizophrenia, determined to stay sane long enough to get into college. She’s pretty optimistic about her chances until she runs into Miles. Didn’t she imagine him? Before she knows it, Alex is making friends, going to parties, falling in love, and experiencing all the usual rites of passage for teenagers. But Alex is used to being crazy. She’s not prepared for normal. Can she trust herself? Can we trust her?



[Gravity Journal](#)

Gail Sidonie Sobat | YA | *Eating disorder*

Life is very grave for Anise. Hospitalized for anorexia, she wonders about the point of it all. Her frigid mother and ineffectual father seem oblivious to her struggle. Her beloved brother is too busy screwing up his own life to take note of hers. Living on the loony ward seems not to be making any difference at all, and Anise feels like a prisoner. Her only free choice is to turn to her journal—the place where she can make scathing observations about her family, other people, the world; the place where she can dream, and where she can decide whether to live or die.



[For A Muse of Fire](#)

Heidi Heilig | YA | *Bipolar disorder*

“Be prepared to stay up late with this one.”—NPR.org

“[A] must-have story.”—School Library Journal (starred review)

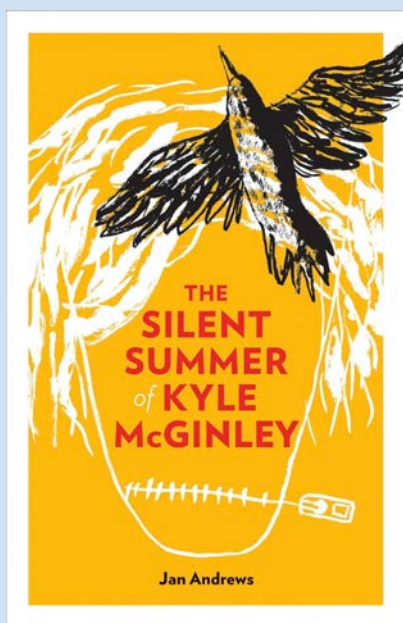
“Evocative and refreshingly unique.”—Tor

A young woman with a dangerous power she barely understands. A smuggler with secrets of his own. A country torn between a merciless colonial army, a terrifying tyrant, and a feared rebel leader. The first book in acclaimed author Heidi Heilig’s Shadow Players trilogy blends traditional storytelling with ephemera for a lush, page-turning tale of escape and rebellion. For a Muse of Fire will captivate fans of Sabaa Tahir, Leigh Bardugo, and Renée Ahdieh.

Jetta’s family is famed as the most talented troupe of shadow players in the land. With Jetta behind the scrim, their puppets seem to move without string or stick—a trade secret, they say. In truth, Jetta can see the souls of the recently departed and bind them to the puppets with her blood. But ever since the colonizing army conquered their country, the old ways are forbidden. Jetta must never show, never tell. Her skill and fame are her family’s way to earn a spot aboard the royal ship to Aquitan, where shadow plays are the latest rage, and where rumor has it the Mad King has a spring that cures his ills. Because seeing spirits is not the only thing that plagues Jetta. But as rebellion seethes and as Jetta meets a young smuggler, she will face truths and decisions that she never imagined—and safety will never seem so far away.

Heidi Heilig creates a vivid, rich world inspired by Southeast Asian cultures and French colonialism. Told from Jetta’s first-person point-of-view, as well as chapters written as play scripts and ephemera such as telegrams and letters, For a Muse of

Fire is an engrossing journey that weaves magic, simmering romance, and the deep bonds of family with the high stakes of epic adventure.



[The Silent Summer of Kyle McGinley](#)

Jan Andrews | YA | Selective mutism

When no one listens, what's the point of talking? Kyle McGinley doesn't say a word. Fed up with being shuttled from one foster care home to another, he has stopped speaking. But at the home of Scott and Jill Wardman, with the help of a crow, and a swamp, and an excess of blank paint, he begins to think that maybe, just maybe, life could be better. As long as his friggig dad doesn't mess things up.



[All the Bright Places](#)

Jennifer Niven | YA | Unspecified mental health differences in both main characters

NOW A NETFLIX FILM, STARRING ELLE FANNING AND JUSTICE SMITH!

The New York Times bestselling love story about two teens who find each other while standing on the edge. And don't miss *Take Me with You When You Go*, Jennifer Niven's highly anticipated new book with bestselling author David Levithan!

Theodore Finch is fascinated by death. Every day he thinks of ways he might kill himself, but every day he also searches for—and manages to find—something to keep him here, and alive, and awake.

Violet Markey lives for the future, counting the days until graduation, when she can escape her small 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—six stories above the ground—it's unclear who saves whom. Soon it's only with Violet that Finch can be himself. 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. . . .

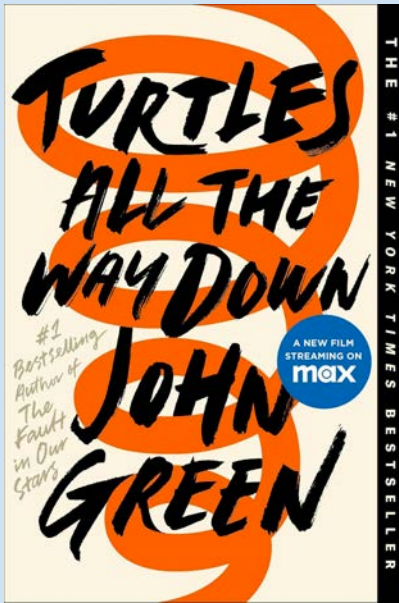
"A do-not-miss for fans of *Eleanor & Park* and *The Fault in Our Stars*, and basically anyone who can breathe." —Justine Magazine

"At the heart—a big one—of All the Bright Places lies a charming love story about this unlikely and endearing pair of broken teenagers." —The New York Times Book Review

"A heart-rending, stylish love story." —The Wall Street Journal

"A complex love story that will bring all the feels." —Seventeen Magazine

"Impressively layered, lived-in, and real." —Buzzfeed



[Turtles All the Way Down](#)

John Green | John Green | Obsessive-compulsive disorder

The critically acclaimed, instant #1 bestseller by John Green, author of *The Anthropocene Reviewed* and *The Fault in Our Stars*

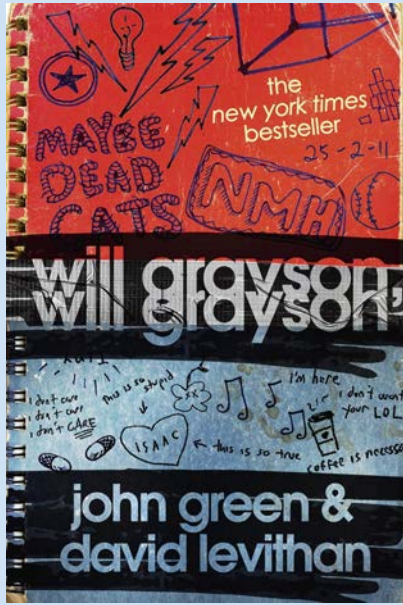
NOW STREAMING ON MAX!

"A tender story about learning to cope when the world feels out of control." —People
"A sometimes heartbreaking, always illuminating, glimpse into how it feels to live with mental illness." —NPR

John Green, the award-winning, international bestselling author of *The Anthropocene Reviewed*, returns with a story of shattering, unflinching clarity in this brilliant novel of love, resilience, and the power of lifelong friendship.

Aza Holmes never intended to pursue the disappearance of fugitive billionaire Russell Pickett, but there's a hundred-thousand-dollar reward at stake and her Best and Most Fearless Friend, Daisy, is eager to investigate. So together, they navigate the short distance and broad divides that separate them from Pickett's son Davis.

Aza is trying. She is trying to be a good daughter, a good friend, a good student, and maybe even a good detective, while also living within the ever-tightening spiral of her own thoughts.



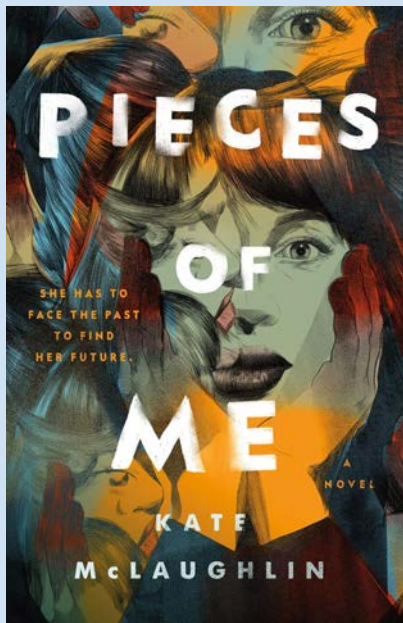
[Will Grayson, Will Grayson](#)

John Green, David Levithan | YA | Depression

Two award-winning and New York Times–bestselling author join forces for a collaborative novel of awesome proportions.

One cold night, in a most unlikely corner of Chicago, two teens—both named Will Grayson—are about to cross paths. As their worlds collide and intertwine, the Will Graysons find their lives going in new and unexpected directions, building toward romantic turns-of-heart and the epic production of history’s most fabulous high school musical.

Hilarious, poignant, and deeply insightful, John Green and David Levithan’s collaborative novel is brimming with a double helping of the heart and humor that have won them both legions of faithful fans.



[Pieces of Me](#)

Kate McLaughlin | YA | Dissociative identity disorder

The next gut-punching, compulsively readable Kate McLaughlin novel, about a girl finding strength in not being alone.

When eighteen-year-old Dylan wakes up, she’s in an apartment she doesn’t recognize. The other people there seem to know her, but she doesn’t know them – not even the pretty, chiseled boy who tells her his name is Connor. A voice inside her head keeps saying that everything is okay, but Dylan can’t help but freak out. Especially when she borrows Connor’s phone to call home and realizes she’s been missing for three days.

Dylan has lost time before, but never like this.

Soon after, Dylan is diagnosed with Dissociative Identity Disorder, and must grapple not only with the many people currently crammed inside her head, but that a secret from her past so terrible she’s blocked it out has put them there. Her only distraction is a budding new relationship with Connor. But as she gets closer to finding out the truth, Dylan wonders: will it heal her or fracture her further?

Kate McLaughlin’s *Pieces of Me* is raw, intimate, and surprisingly hopeful.

“*Pieces of Me* is a chilling, yet empathetic, look into Dissociative Identity Disorder. With her calm, pure, voice, Kate McLaughlin delves deep into the crevices of this misunderstood disorder and a young woman’s mind. I had to keep reading not only to understand Dylan, the main character—but to understand all of the people inside Dylan’s head.” - Hayley Krischer, author of *Something Happened to Ali Greenleaf* and *The Falling Girls*



Winter Girls

Laurie Halse Anderson | YA | *Eating disorder*

The New York Times bestselling story of a friendship frozen between life and death.

“A fearless, riveting account of a young woman in the grip of a deadly illness.” —The New York Times

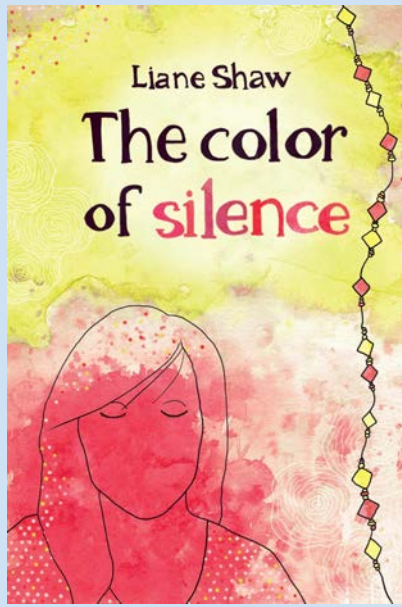
Lia and Cassie are best friends, wintergirls frozen in fragile bodies, competitors in a deadly contest to see who can be the thinnest. But then Cassie suffers the ultimate loss—her life—and Lia is left behind, haunted by her friend's memory and racked with guilt for not being able to help save her. In her most powerfully moving novel since *Speak*, award-winning author Laurie Halse Anderson explores Lia's struggle, her painful path to recovery, and her desperate attempts to hold on to the most important thing of all: hope.



The Impossible Knife of Memory

Laurie Halse Anderson | YA | *Caregiver with 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 Color of Silence](#)

Liane Shaw | YA | Various mental health differences represented

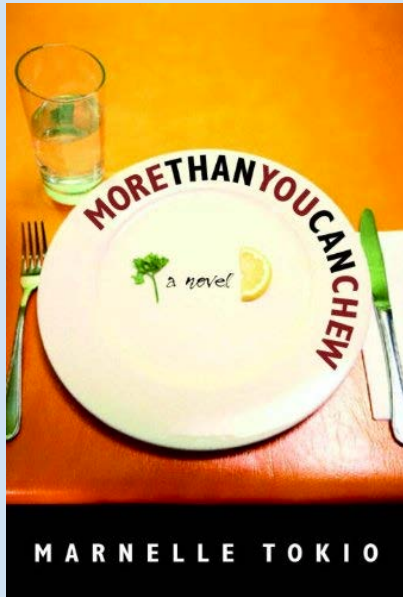
Alex is seventeen years old and she feels her life has come to an end. After being involved in an accident that killed her best friend, she doesn't see why anyone would want her around and she refuses to talk. Ordered by a judge to do community service, she must spend time at a hospital with a girl named Joanie, who has minimal control of her body and no speech. Never having known another way of being, Joanie has an extraordinary internal life. She has been listening and watching as the world goes on around her, but Joanie is so full of words, thoughts and images that if she could ever figure out a way to let them loose, they would come swirling out in a torrent of syllables. She would fill every room with the colors of her dreams until the whole world became a rainbow of her making. Brought together by accident, Alex and Joanie have experienced the helplessness of silence. Their growing connection may lead them both to find the power of their voices.



[Skim](#)

Mariko Tamaki, Jillian Tamaki | YA | Depression

"Skim" is Kimberly Keiko Cameron, a not-slim, would-be Wiccan goth who goes to a private girls' school in the early '90s. When her classmate Katie Matthews is dumped by her boyfriend, who then kills himself – possibly because he's (maybe) gay – the entire school goes into mourning overdrive. It's a weird time to fall in love, but that's what happens to Skim when she starts meeting secretly with her neo-hippie English teacher, Ms. Archer. But then Ms. Archer abruptly leaves the school, and Skim has to cope with her confusion and isolation while her best friend, Lisa, tries to pull her into "real" life by setting up a hilarious double-date for the school's semi formal. Suicide, depression, love, homosexuality, crushes, cliques of popular, manipulative peers – the whole gamut of teen life is explored in this poignant glimpse into the heartache of being 16.



[More than You Can Chew](#)

Marnelle Tokio | YA | Eating disorder

Winner of the Society of School Librarians International's Best Book Award – Language Arts, Grades 7-12 Novels

Winner of the 2005 White Pine Awards, Fiction category

Selected for inclusion in the Best Books for the Teen Age 2004 List by the New York Public Library

Nominated for Snow Willow Award (The Saskatchewan Young Reader's Choice Awards)

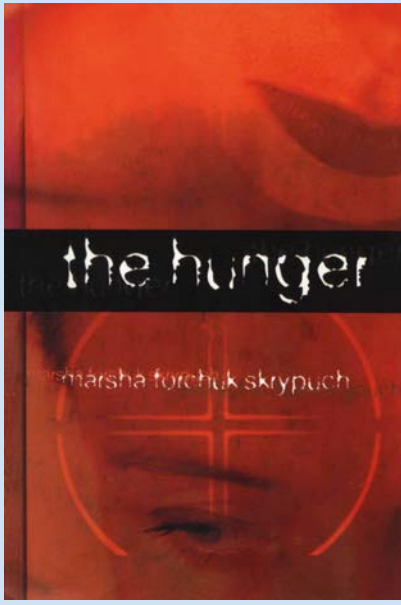
Nominated for the Canadian Library Association's 2004 Young Adult Canadian Book Award

More than You Can Chew has been called a One Flew Over the Cuckoo's Nest for young adults.

Marty Black has retreated from a difficult family situation into the area she can best control, her own appetites. She may not be able to control her parents' behavior, but she can decide what she will and will not eat. Eventually, she stops eating altogether. Marty is close to death when she finally asks for help and finds herself in a psychiatric institution. But recognizing her need for help is only the first tenuous step on a long road to recovery.

Marty's ability to find a way to live, despite the powerful lure of anorexia, is the core of this fine, insightful novel.

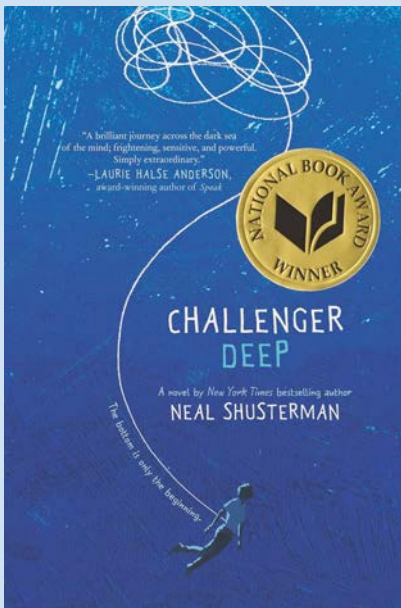
Marnelle Tokio's semi autobiographical story will resonate with every teenager who faces issues of family, body image, and self-confidence.



[The Hunger](#)

Marsha Forchuk Skrypuch | YA | Eating disorder

Fifteen-year-old Paulas perfectionism drives everything from her marks to her body. A history project about Paulas grandmother reveals parallels with her own struggles.



[Challenger Deep](#)

Neal Shusterman, Brendan Shusterman (I) | YA | Aspects of OCD, paranoia

National Book Award * Golden Kite Award Winner * Six Starred Reviews

A captivating novel about mental illness that lingers long beyond the last page, Challenger Deep is a heartfelt tour de force by New York Times bestselling author Neal Shusterman.

Caden Bosch is on a ship that's headed for the deepest point on Earth: Challenger Deep, the southern part of the Marianas Trench.

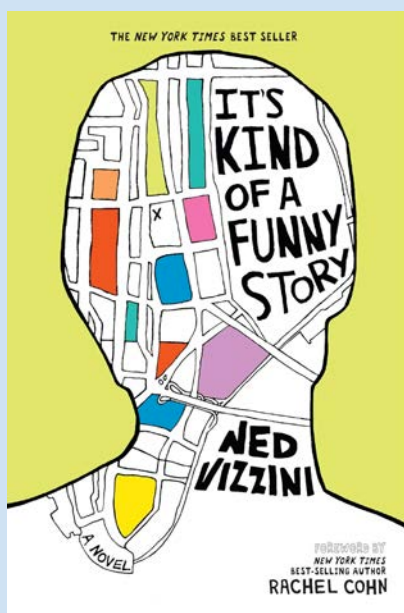
Caden Bosch is a brilliant high school student whose friends are starting to notice his odd behavior.

Caden Bosch is designated the ship's artist in residence to document the journey with images.

Caden Bosch pretends to join the school track team but spends his days walking for miles, absorbed by the thoughts in his head.

Caden Bosch is split between his allegiance to the captain and the allure of mutiny. Caden Bosch is torn.

Challenger Deep is a deeply powerful and personal novel from one of today's most admired writers for teens. Laurie Halse Anderson, award-winning author of *Speak*, calls Challenger Deep "a brilliant journey across the dark sea of the mind; frightening, sensitive, and powerful. Simply extraordinary."



[It's Kind of a Funny Story](#)

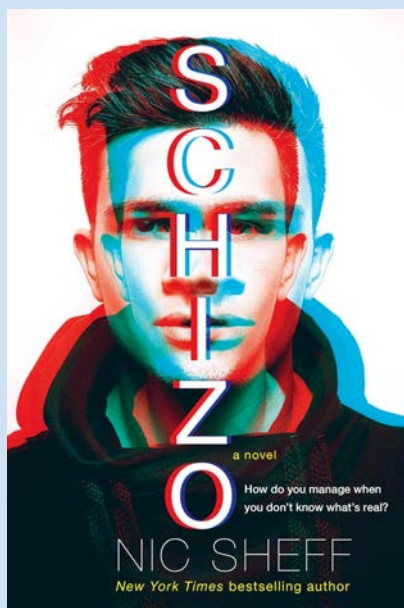
Ned Vizzini | YA | various mental health differences in characters

Like many ambitious New York City teenagers, Craig Gilner sees entry into Manhattan's Executive Pre-Professional High School as the ticket to his future. Determined to succeed at life—which means getting into the right high school to get into the right college to get the right job—Craig studies night and day to ace the entrance exam, and does. That's when things start to get crazy.

At his new school, Craig realizes that he isn't brilliant compared to the other kids; he's just average, and maybe not even that. He soon sees his once-perfect future crumbling away. The stress becomes unbearable and Craig 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, isolated from the crushing pressures of school and friends, Craig is finally able to confront the sources of his anxiety.

Ned Vizzini, who himself spent time in a psychiatric hospital, has created a remarkably moving tale about the sometimes unexpected road to happiness. For a novel about depression, it's definitely a funny story.



[Schizo](#)

Nic Sheff | YA | Schizophrenia

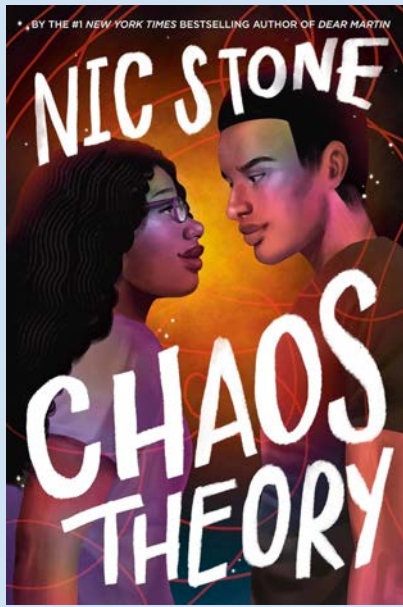
The fascinating, shocking, and ultimately quite hopeful story of one teen's downward spiral into mental illness by the bestselling author of *Tweak*.

Miles's little brother Teddy is missing. The police believe he drowned at the beach—the very same day Miles had his first schizophrenic episode. But Miles knows better—Teddy is alive. Kidnapped. There was even a witness! Fueled by guilt, Miles sets off to rescue Teddy.

There is so much to overcome, though. The endless pills he must take. The girl who steals his heart and plays with it. The black crows that follow him.

As seen through Miles's distorted perception, his world closes around him as he pushes to keep it open. What you think you know about his world is actually a blur of gray, though, and the sharp focus of reality proves startling.

The New York Times bestselling author of *Tweak*, son of David Sheff (author of *Beautiful Boy*, the memoir adapted into a movie of the same name starring Steve Carell and Timothée Chalamet), Nic Sheff offers a fascinating and ultimately quite hopeful story of one teen's downward spiral into mental illness.



Chaos Theory

Nic Stone | YA | Bipolar Disorder

The #1 New York Times bestselling author of Dear Martin delivers a gripping romance about two teens: a certified genius living with a diagnosed mental disorder and a politician's son who is running from his own addiction and grief. Don't miss this gut punch of a novel about mental health, loss, and discovering you are worthy of love.

Scars exist to remind us of what we've survived.

DETACHED

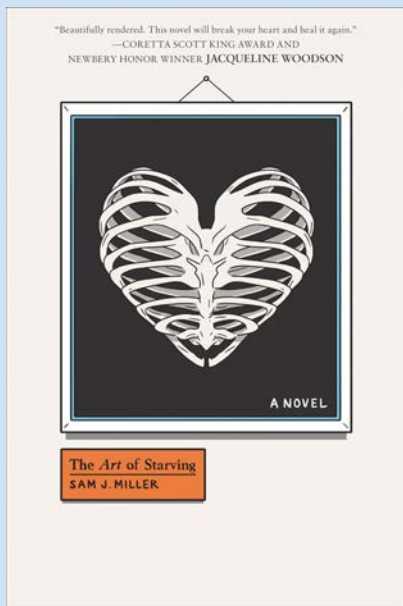
Since Shelbi enrolled at Windward Academy as a senior and won't be there very long, she hasn't bothered making friends. What her classmates don't know about her can't be used to hurt her—you know, like it did at her last school.

WASTED

Andy Criddle is not okay. At all.
He's had far too much to drink.
Again. Which is bad.
And things are about to get worse.

When Shelbi sees Andy at his lowest, she can relate. So she doesn't resist reaching out. And there's no doubt their connection has them both seeing stars . . . but the closer they get, the more the past threatens to pull their universes apart.

#1 New York Times bestselling author Nic Stone delivers a tour de force about living with grief, prioritizing mental health, and finding love amid the chaos.



The Art of Starving

Sam J. Miller | YA | Eating disorder

Winner of the 2017 Andre Norton Award for Outstanding Young Adult Science Fiction or Fantasy Book!

"Funny, haunting, beautiful, relentless, and powerful, The Art of Starving is a classic in the making."—Book Riot

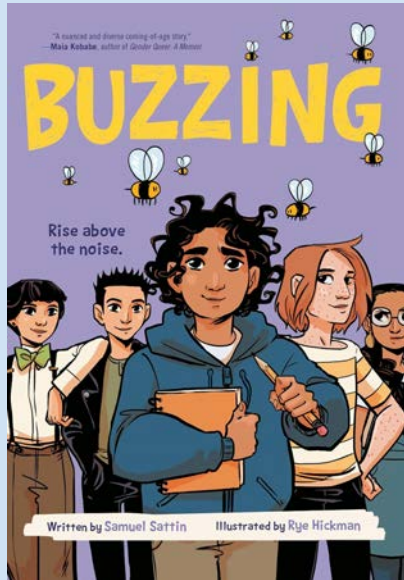
Matt hasn't eaten in days. His stomach stabs and twists inside, pleading for a meal, but Matt won't give in. The hunger clears his mind, keeps him sharp—and he needs to be as sharp as possible if he's going to find out just how Tariq and his band of high school bullies drove his sister, Maya, away.

Matt's hardworking mom keeps the kitchen crammed with food, but Matt can resist the siren call of casseroles and cookies because he has discovered something: the less he eats the more he seems to have . . . powers. The ability to see things he shouldn't be able to see. The knack of tuning in to thoughts right out of people's heads. Maybe even the authority to bend time and space.

So what is lunch, really, compared to the secrets of the universe?

Matt decides to infiltrate Tariq's life, then use his powers to uncover what happened to Maya. All he needs to do is keep the hunger and longing at bay. No problem. But Matt doesn't realize there are many kinds of hunger...and he isn't in control of all of them.

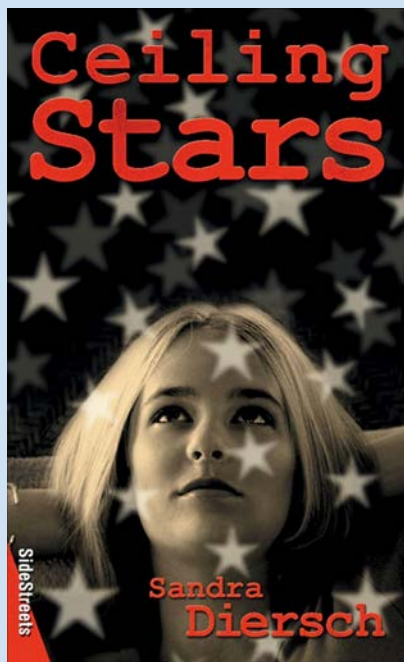
A darkly funny, moving story of body image, addiction, friendship, and love, Sam J. Miller's debut novel will resonate with any reader who's ever craved the power that comes with self-acceptance.



Buzzing

Samuel Sattin | YA | Obsessive-compulsive disorder

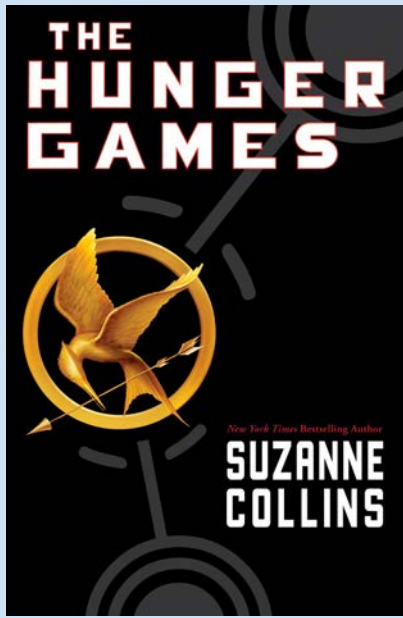
A moving middle grade graphic novel about friendship, belonging, and learning to love yourself despite the voices in your head. Isaac Itkin can't get away from his thoughts. As a lonely twelve-year-old kid with Obsessive Compulsive Disorder (OCD), everything from studying to looking in the mirror becomes a battle between him and a swarm of unhelpful thoughts. The strict therapy his mother insists on doesn't seem to be working, but when a group of friends invites him to join their after-school role-playing game, the thoughts feel a little less loud, and the world feels a little brighter. But Isaac's therapist says that exposure to games can have negative effects on kids with OCD, and when his grades slip, his helicopter mother won't let him play anymore. Now Isaac needs to find a way to prove to himself, to his mother, and to the world that the way to quiet the noise in his head may have been inside him all along.



Ceiling Stars

Sandra Diersch | YA | Bipolar disorder

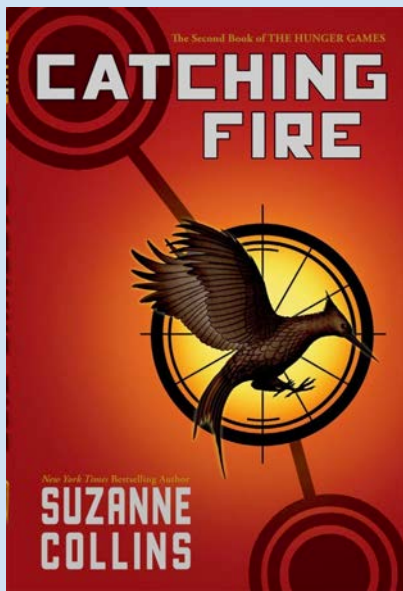
Christine and Danelle have been best friends forever, a relationship as seemingly infinite as the glow-in-the-dark stars they have affixed to their bedroom ceilings. Lately, though, the girls have been drifting apart, as Danelle's quirky moods turn into wild and reckless acts. At first Christine wonders if her friend is on drugs, but what kind of drugs make you climb a rooftop one moment and send you into the depths of despair the next? The truth behind Danelle's ups and downs is far more complex and dangerous than Christine ever could have anticipated. *Ceiling Stars* is a moving story about the strength and limits of friendship in the presence of mental illness.



[The Hunger Games](#)

Suzanne Collins | YA | Post-traumatic stress disorder

In the ruins of a place once known as North America lies the nation of Panem, a shining Capitol surrounded by twelve outlying districts. Long ago the districts waged war on the Capitol and were defeated. As part of the surrender terms, each district agreed to send one boy and one girl to appear in an annual televised event called, "The Hunger Games," a fight to the death on live TV. Sixteen-year-old Katniss Everdeen, who lives alone with her mother and younger sister, regards it as a death sentence when she is forced to represent her district in the Games. The terrain, rules, and level of audience participation may change but one thing is constant: kill or be killed.



[Catching Fire](#)

Suzanne Collins | YA | Post-traumatic stress disorder

The second book in Suzanne Collins's phenomenal and worldwide bestselling Hunger Games trilogy is now available in trade paperback. Against all odds, Katniss Everdeen has won the annual Hunger Games with fellow district tribute Peeta Mellark. Katniss and Peeta should be happy. After all, they have just earned for themselves and their families a life of safety and plenty. But it was a victory won by defiance of the Capitol and their harsh rules, and now there are rumors of rebellion in the districts. Katniss and Peeta, to their horror, are the faces of that rebellion. The Capitol is angry. The Capitol wants revenge.



[Mockingjay](#)

Suzanne Collins | YA | Post-traumatic stress disorder

The third book in Suzanne Collins's phenomenal and worldwide bestselling Hunger Games trilogy.

The final book in Suzanne Collins's worldwide bestselling Hunger Games trilogy is now available in paperback. "My name is Katniss Everdeen. Why am I not dead? I should be dead." Katniss Everdeen, girl on fire, has survived, even though her home has been destroyed. There are rebels. There are new leaders. A revolution is unfolding. District 13 has come out of the shadows and is plotting to overthrow the Capitol. Though she's long been a part of the revolution, Katniss hasn't known it. Now it seems that everyone has had a hand in the carefully laid plans but her. The success of the rebellion hinges on Katniss's willingness to be a pawn, to accept responsibility for countless lives, and to change the course of the future of Panem. To do this, she must put aside her feelings of anger and distrust. She must become the rebels' Mockingjay - no matter what the cost.



[Highly Suspectious and Unfairly Cute](#)

Talia Hibbert | YA | Obsessive-compulsive disorder

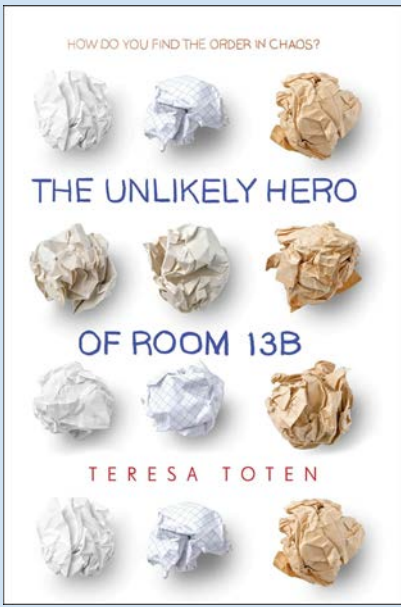
NEW YORK TIMES BESTSELLER • From the bestselling author of the Brown Sisters trilogy, comes a laugh-out-loud story about a quirky content creator and a clean-cut athlete testing their abilities to survive the great outdoors—and each other.

Bradley Graeme is pretty much perfect. He's a star football player, manages his OCD well (enough), and comes out on top in all his classes . . . except the ones he shares with his ex-best friend, Celine.

Celine Bangura is conspiracy-theory-obsessed. Social media followers eat up her takes on everything from UFOs to holiday overconsumption—yet, she's still not cool enough for the popular kids' table. Which is why Brad abandoned her for the in-crowd years ago. (At least, that's how Celine sees it.)

These days, there's nothing between them other than petty insults and academic rivalry. So when Celine signs up for a survival course in the woods, she's surprised to find Brad right beside her.

Forced to work as a team for the chance to win a grand prize, these two teens must trudge through not just mud and dirt but their messy past. And as this adventure brings them closer together, they begin to remember the good bits of their history. But has too much time passed . . . or just enough to spark a whole new kind of relationship?



The Unlikely Hero of Room 13B

Teresa Toten | YA | Obsessive-compulsive disorder

Filled with moments of deep emotion and unexpected humor, this understated and wise novel explores the complexities of living with OCD and offers the prospect of hope, happiness and healing. Perfect for readers who love Eleanor & Park and All the Bright Places.

ADAM'S GOALS:

- Grow immediately.
- Find courage.
- Keep courage.
- Get normal.
- Marry Robyn Plummer.

The instant Adam Spencer Ross meets Robyn Plummer in his Young Adult OCD Support Group, he is hopelessly, desperately drawn to her. Robyn has an hypnotic voice, blue eyes the shade of an angry sky, and ravishing beauty that makes Adam's insides ache. She's also just been released from a residential psychiatric program—the kind for the worst, most difficult-to-cure cases; the kind that Adam and his fellow support group members will do anything to avoid joining.

Adam immediately knows that he has to save Robyn, must save Robyn, or die trying. But is it really Robyn who needs rescuing? And is it possible to have a normal relationship when your life is anything but?



Objects in Mirror

Tudor Robins | YA | Eating disorder

What if achieving your dream meant losing everything else that mattered?

Starving, starving ... Grace is always starving these days.

But Grace is also strong, and determined, and skinny. For the first time ever Grace is as thin as she wants to be – nearly – and there's no way she's giving that up.

Except, what if she has to give up other things to be able to keep wearing her new "skinny" breeches?

What if it comes down to a choice between all the horses she loves – Sprite, the ferocious jumper, and Iow, the sweet greenie, and Whinny, the abused but tough mare – and the numbers on the scale, the numbers on food labels, the numbers always running through her head?

Grace knows what her stepmother, Annabelle, wants her to decide. She knows what Matt – gorgeous, amazing Matt – wants her to do. She knows what the doctors think.

But she also knows nobody else can make this decision for her. And sometimes she's not even sure if she's got the strength to do it.

There is danger in living with anorexia, and there is also hope. Objects in Mirror is a truthful exploration of these extremes and of the struggles that lie between them.

BOOKS IN THE STONEGATE SERIES:

Objects in Mirror (Book 1)

After Lucas (Book 2)

Throw Your Heart Over (Book 3)

REVIEWS

"I FLEW through this remarkable book and I was so upset when it ended! I can't wait for more of this story. Tudor is such a beautiful writer who understands horses and horse-people inside and out. A must read." - Natalie Keller Reinert, author of the Eventing, and Show Barn Blues series

"I really enjoyed this book. Great characters (both human and horse) and an interesting premise. The family dynamics in this book are wonderful." - Genevieve Mckay, author of the Defining Gravity series