

## Book Recommendations for Health and Wellness Related Topics

All books are found in Discovery's library unless indicated otherwise.

### Addiction

- Beautiful Boy* David Sheff (Memoir--A father's perspective about his son's meth addiction)
- Tweak* Nic Sheff (Son writes about his own addiction)
- Crank* Ellen Hopkins (Story told in verse about a girl's descent into meth addiction)
- The Glass Castle* Jeannette Walls (Memoir—Woman writes about growing up in an alcoholic family)

### Autism/Asperger's

- Marcelo in the Real World* Francisco X. Stork (Novel—Tells the story of a Hispanic 17 year old boy with autism whose dad wants him to get real life experience after a sheltered school experience. Law office intrigue + moral ambiguity ensue as Marcelo finds his way.)
- Rules* Cynthia Lord (Novel—Told from point of view of a girl whose brother has autism. She lets him know what life's "rules" are.)
- The Curious Incident of the Dog in the Nighttime* Mark Haddon (Novel—Mystery told from the point of view of an autistic English teenager whose neighbor's dog shows up dead.)

### Suicide

- Thirteen Reasons Why* Jay Asher (Novel—Girl who has committed suicide has recorded her story leading to her final decision. She arranges to have it delivered to the 13 people she deems responsible.)
- A Long Way Down* Nick Hornby (Adult novel--Five adults meet when they have each come for separate reasons to jump off a London parking garage on New Year's Eve. They decide to go around the city together to find out how bad each one's life and keep each other alive through brutal—and really funny—honesty.) **Note: We don't have this at Discovery.**

## **Teen Parenthood**

### *The First Part Last*

Angela Johnson (Coretta Scott King Award-winning novel—Tells the story of a 16 year old boy who raises his baby after his girlfriend enters a coma.)

### *Slam*

Nick Hornby (New York Times bestseller-At the age of fifteen, Sam Jones's girlfriend gets pregnant and Sam's life of skateboarding and daydreaming about Tony Hawk changes drastically.) **Note: We don't have this in our library.**

## **Eating Disorders**

### *Perfect*

Natasha Friend (Thirteen-year-old Isabelle Lee struggles with an eating disorder while dealing with a turbulent home life and social pressures at school. The author brings a depth of characterization, humor, and a real adolescent's voice to this multileveled story about the desire to be perfect in an imperfect world.)

### *Inside Out*

Nadia Shivack (Graphic novel—sort of—showing the relationship the author has had with her eating disorder from her early adolescence through her forties.)

## **Abuse**

### *Speak*

Laurie Halse Anderson (Ninth grade girl enters high school as an outcast due to the fact that she called the cops at a summer party. She stops speaking—toward the end of the book, readers find out why.)

### *I Know Why the*

### *Caged Bird Sings*

Maya Angelou (Memoir—Maya stops speaking as a child after her uncle sexually abuses her. Story follows how she overcomes this early trauma.)

### *Three Little Words*

Ashley Rhodes-Courter (Memoir—Ashley tells the story of being in the foster care system, continually disappointed by and abandoned by her birth mother. Foster care lets her down, too. Finally, she is adopted.)

### *Silent to the Bone*

E.L. Konigsburg (Novel--When he is wrongly accused of gravely injuring his baby half-sister, thirteen-year-old Branwell loses his power of speech and only his friend Connor is able to reach him and uncover the truth about what really happened.)

### *I Will Save You*

Matt de la Pena (Novel—Tells the story of Kidd, whose father was violent and mother committed suicide. He runs away from a group home to work at a California beach. His background is slowly revealed through his violent friend Devon.

