

BOOKS TOO GOOD TO MISS

The Struggle is Real

Some titles may be available through interlibrary loan. Please ask if you need assistance.

FICTION

Aceves, Fred. **THE NEW DAVID ESPINOZA**
David falls into the dark side of the bodybuilding world, pursuing his ideal body at all costs.

Asphyxia. **THE WORDS IN MY HANDS**
Piper, a deaf teen, searches for her identity.



Bischer, Karen.
THE SECRET RECIPE FOR MOVING ON
Allie wonders what the recipe is to healing a broken heart after her boyfriend dumps her and she is forced to share a life skills class with him and his new girlfriend.

Chim, Wai.
THE SURPRISING POWER OF A GOOD DUMPLING
Anna's mother's depression goes from bad to worse, leaving Anna to take care of her younger siblings while working in her family's restaurant and falling for the new delivery boy.

Drake, Julia.
THE LAST TRUE POETS OF THE SEA
Shipped back to the town her ancestress founded, Violet is haunted by the lost shipwreck she and her brother dreamed of discovering when they were children.

Fipps, Lisa. **STARFISH**
Ellie, a girl who has been bullied for her weight learns that she deserves to take up space.



Forman, Gayle. **WE ARE INEVITABLE**
Aaron's not sure if his life will ever return to normal after his brother's death from an opioid overdose.

This list contains fiction & nonfiction titles about difficult topics: addiction, bullying, body issues, depression, death, grief and loss, suicide, and other mental health struggles which may be sensitive for some readers.

Fox, Helena. **HOW IT FEELS TO FLOAT**
An Aussie teen starts to lose her fragile grip on reality after the ghost of her dad, who has been dead for 10 years, stops appearing to her.

Gardner, Faith. **GIRL ON THE LINE**
Having recently attempted suicide, Journey Smith is now adapting to life with a bipolar diagnosis and helping others like her.



Jaigirdar, Adiba.
HANI AND ISHU'S GUIDE TO FAKE DATING
Two Bengali girls agree to fake a relationship for mutually beneficial reasons. Turns out, dating is complicated, fake or not.

Khorram, Adib. **DARIUS THE GREAT IS NOT OKAY***
Darius has never really fit in at home, his clinical depression doesn't exactly help matters. Then Darius meets the boy next door, and everything changes.

King, A.S. **SWITCH**
In June of 2020, time has stopped but teen javelin prodigy Truda believes she has the answer to solve the world's problems.

Lee, Lyla. **I'LL BE THE ONE**
Skye Shin, a talented plus-sized Korean-American, goes against her mother's wishes to compete on the biggest K-Pop reality TV show.



*Title is one in a series/companion novel

GN—Graphic Novel

Levithan David & Jennifer Niven.

TAKE ME WITH YOU WHEN YOU GO

Two siblings are separated, leaving one in an abusive home. Can they find their way back to each other?



Maldonado, Crystal.

FAT CHANCE, CHARLIE VEGA

Charlie wants a good relationship with her body, but it's hard when the world and everyone in it has ideas about what she should look like.

McGovern, Cammie. **JUST BREATHE**

A senior class president battling cystic fibrosis and a quiet sophomore struggling with depression form an unlikely friendship.

Oseman, Alice. **HEARTSTOPPER***

Teens Charlie and Nick discover their unlikely friendship might be something more as they navigate school and young love. GN

Oshiro, Mark. **ANGER IS A GIFT**

Moss still wishes he could be someone else instead of a rallying point for a community because of one horrible night.

Sabreen, Laila. **YOU TRULY ASSUMED**

Three black Muslim teens who have nothing in common except the color of their skin and their religious beliefs find themselves pulling together to stand up to the repercussions they face after a recent terrorist attack.



Sheinmel, Alyssa B.

A DANGER TO HERSELF AND OTHERS

An institutionalized teen has to prove that what happened to her roommate was an accident and that she isn't a danger to others.

Stewart, Erin. **THE WORDS WE KEEP**

Lily is trying to keep things together for herself and her family when her sister returns home from medical treatment.

Tahir, Sabaa. **ALL MY RAGE**

Family secrets across generations extend from the past in Pakistan to a small town in modern day California.

Thomas, Peyton. **BOTH SIDES NOW**

Finch, a transgender teen with a crush on his debate partner, struggles with his future plans while preparing to debate trans rights at Nationals.

Turk, Mariko. **THE OTHER SIDE OF PERFECT**

After a life-altering injury sidelines her dreams of becoming a ballerina, Alina must confront her ideas of what it means to be perfect.

NON-FICTION

Andrus, Aubre.

PROJECT YOU: MORE THAN 50 WAYS TO CALM DOWN, DE-STRESS, & FEEL GREAT

Transform your mindset and emotions with the activities and solutions that speak to you.



Burkhart, Jessica, ed. **LIFE INSIDE MY MIND: 31 AUTHORS SHARE THEIR PERSONAL STRUGGLES**

Popular YA authors share their experience with mental health.

Feder, Tyler. **DANCING AT THE PITY PARTY: A DEAD MOM GRAPHIC MEMOIR**

A biography of a daughter facing the loss of her mother, and the reality of becoming a motherless daughter. GN

Grimes, Nikki. **ORDINARY HAZARDS: A MEMOIR**

In a collection of poems, the author describes her troubled childhood and how writing helped her overcome the "hazards" of her life.

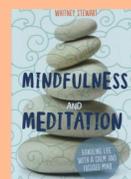
Krosoczka, Jarrett J. **HEY, KIDDO**

A graphic memoir of the author's difficult childhood dealing with a parent addicted to heroin, being raised by his well-meaning but difficult (and alcoholic) maternal grandparents, and how art not only healed him but saved his life. GN

Stewart, Whitney.

MINDFULNESS AND MEDITATION: HANDLING LIFE WITH A CALM AND FOCUSED MIND

Life can be stressful. Learn how to handle stress through mindfulness and meditation with this book as your guide.



Wong, Alice, ed. **DISABILITY VISIBILITY: 17 FIRST-PERSON STORIES FOR TODAY**

Seventeen own voice essays provide insight into the experience of living life with a disability.

