



## **READING FOR WELLNESS – NON FICTION**

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Teen Breathe magazine – various issues to look at

Nicola Morgan: Positively Teenage, Teenage guide to life online, Teenage guide to stress, Teenage guide to friends

Aubre Andrus: Positively You

Stress Psychology of managing pressure

Matthew Syed: You are awesome

Dawn Heubner: What to do when you worry too much

Carnegie Jon: Finding heroes

Andy Cope: The art of being a brilliant teenager

Balick, Aaron: Keep your cool

Dr. Christian's guide to dealing with the tricky stuff

Dr. Christian's guide to growing up online

Cairney, Gemma: Open your mind, learn to deal with the big stuff in life

Earl, Rae: It's all in your head

Dawson, Juno: Mind your head

Underwood, Deborah: 100 ways to organise your life

Guillain, Charlotte: 100 ways to be a hero

Haig, Matt: Reasons to stay alive

Kinder, Wynne: Calm – mindfulness for kids

Nagel, Paula: The Mental Health and wellbeing workout for teens