

Youth Book Collection

Subject Area	Book Title	Year	Author(s)	Age Range
Anger, Anxiety & Worry	Fighting Invisible Tigers	2008	Earl Hipp	Secondary
	The Stress Reduction Workbook for Teens	2009	Gina Biegel	Secondary
	The Shyness & Social Anxiety Workbook for Teens: CBT & ACT skills to help build your self confidence	2012	Shannon & Shannon	Secondary
	From Worrier to Warrior: A guide to conquering your fears	2013	Dan Peters	Primary/ Secondary
	Maia and the Worry Bug (NZ)	2015	Burgess-Manning, Julie	Primary
	Because Everything Is Right but Everything Is Wrong	2017	Erin Donohue	Secondary
	Aroha's Way: A children's guide through emotions	2019	Craig Phillips	Primary
Bullying	The Wolf is not invited	2018	Avril McDonald	Primary/ Secondary
	Am I a bully?	2018	Hope Gilchrist	Primary/ Secondary
Depression	I had a black Dog	2005	Mathew Johnstone	Secondary
	When Life gives you lemons	2015	Ceila Painter	Secondary
	My family divided: One girl's journey of home, loss & hope	2018	Diane Guerrero	Primary
Grief & Loss	Luna's red hat	2015	Emmi Smid	Primary/ Secondary
	The invisible string	2018	Patrice Karst	Primary
	One wave at a time: A story about grief & healing	2018	Holly Thompson	Primary
Mindfulness	Quiet the Mind	2012	Mathew Johnstone	Secondary
	The Sound of Silence	2016	Katrina Goldsaito	Primary
	Happy: A children's book of mindfulness	2018	Nicola Edwards	Primary
	Just breathe: Meditation, mindfulness, movement and more	2018	Mallika Chopra	Secondary
Mood Boosting	Incredible You!	2005	Dr Wayne Dyner	Primary

	Purakau: Maori myths retold by Maori writers	2019	Witi & Hereaka	Primary/ Secondary
	Aroha knows	2020	Lipp & Phillips	Primary/ Secondary
Neurodiversity	I can't sit still: Living with ADHD	2009	Pam Pollock	Primary
	Armond goes to a party	2014	Nancy Carlson	Primary
	Fish in a tree	2017	Lynda Mullaly	Primary
OCD	Mr Worry	2013	Holly Niner	Secondary
	The unlikely hero of room 13B	2013	Teresa Toten	Secondary
	Turtles All The Way Down	2017	John Green	Secondary
	Stuff that's loud: A teens guide to unspiralling when OCD gets noisy	2020	Ben Sedley and Lisa Cone	Secondary
Resilience	Don't let your emotions run your life for teens	2011	Sheri Van Dijk	Secondary
	Manukura: The little white kiwi	2012	Cowley, Joy	Primary
	Visiting Feelings	2013	Lauren Rubenstein	Primary
	Oku Moe Moea	2015	Hammond Boys	Secondary
	Rising Tide	2016	Sarina Dickson	Secondary
	Stuff that sucks: Accepting what you can't change and committing to what you can	2017	Sedley, Ben	Secondary
Suicide & Self Harm	After the suicide of someone you know	2003	Tricia Irving	Secondary
Trauma	The war that saved my life	2016	Kimberly Brubaker	Primary/ Secondary