

## Recommended Books for High School Students and Parents

### **Anxiety-**

Anxiety Sucks by Natasha Daniels

Dr. Bird's Advice for Sad Poets by Evan Roskos (written for boys, character comes from abuse situation)

Freeing Your Child from Anxiety by Tamar Chansky

### **Abuse-**

The Glass Castle by Jeannette Walls

Educated by Tara Westover

### **Addiction-**

Hey, Kiddo by Jarrett Krosoczka

### **Anger-**

Chasing Augustus by Kim Fusco

Mexican Whiteboy by Matt de la Pena

Beverly, Right Here by Kate DiCamillo

Walk the Edge by Katie McGarry

### **Grief-**

Secret Life of Bees by Sue Monk Kidd

Bridge to Terabithia by Katherine Paterson

Tiger Eyes by Judy Blume

Rabbityness by Jo Empson (for younger children)

One Wave at a Time by Holly Thompson

The Heart and the Bottle by Oliver Jeffers

Maybe Tomorrow by Charlotte Agell

Inside Out and Back Again by Thanhha Lai

Counting by 7's by Holly Sloan

The Grieving Teen Guide by Helen Fitzgerald

Straight Talk by Earl Grollman

When a Friend Dies by Marilyn Gootman

### **Divorce-**

It's Not the End of the World by Judy Blume

Finding Felicity- Stacey Kade

He Forgot to Say Goodbye- Benjamin Saenz

### **Relationships-**

The Fault in our Stars by John Green

The Running Dream by Wendelin Van Draanen

Blended by Sharon Draper

### **Career-**

Now What? by Nicholas Lore

What Color is Your Parachute? by Richard Bolles

You Got This by Maya Penn

Doable- Deborah Reber (Girls Guide)

### **Bullying-**

Stand up Stand Out by Kay Woodward

### **Parent Resources-**

Boundaries with Teens by John Townsend

Saving Beauty from the Beast by Vicki Crompton (dating violence is main theme)

How to Talk So Teens Will Listen and Listen So Teens Will Talk- Adele Faber & Elaine Mazlish

Brainstorm by Daniel Siegel

Parenting from the Inside Out by Daniel Siegel