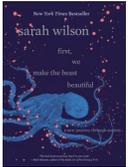


(Don't) call me crazy : 33 voices start the conversation about mental health

by Kelly Jensen

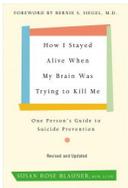
An anthology of essays and illustrations that illuminate mental health topics in a straightforward way.



First, we make the beast beautiful : a new journey through anxiety

by Sarah Wilson

The best-selling author of I Quit Sugar challenges cultural beliefs about anxiety from the perspectives of medical and spiritual leaders and the Chinese proverb, "To conquer a beast, you must first make it beautiful," to explore how the condition needs to be viewed less as a burdensome affliction and more as a source of divine growth.



How I Stayed Alive When My Brain Was Trying to Kill Me : One Person's Guide to Suicide Prevention

by Susan Rose Blauner

Suicide has touched the lives of nearly half of all Americans, yet it is rarely talked about openly. In her highly acclaimed book, Susan Blauner--a survivor of multiple suicide attempts--offers guidance and hope for those contemplating ending their lives and for their loved ones.



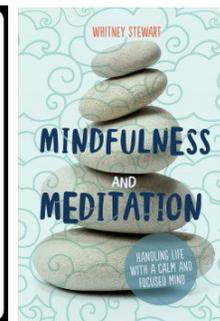
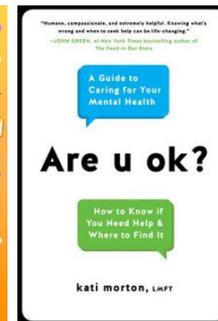
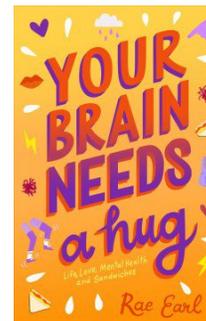
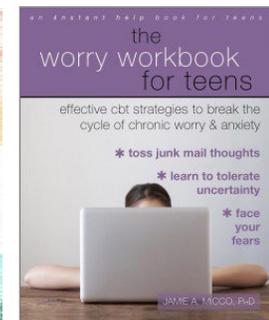
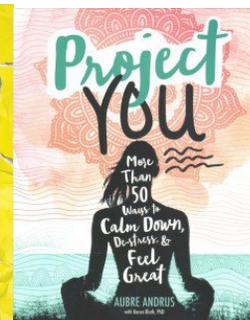
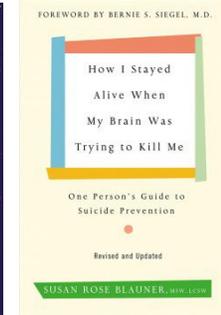
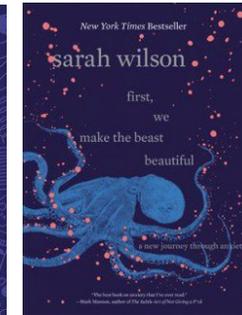
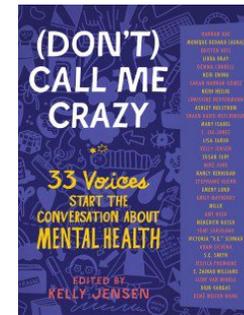
I don't want to be crazy

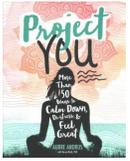
by Samantha Schutz

After going away to college and finding the independence she desired difficult to handle, the author begins to suffer from incapacitating anxiety attacks that change everything she had planned



Mental Health Nonfiction

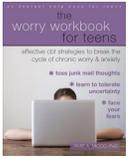




Project you : more than 50 ways to calm down, de-stress, & feel great!

by Aubre Andrus

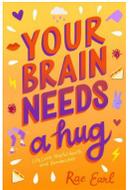
Written with insights from a mindfulness educator, a guide to navigating stress and living a life of healthy balance counsels middle-grade readers on such techniques as making protein smoothies for busy mornings, writing in a journal, practicing yoga, scheduling priorities and developing a sleep-supporting nighttime routine.



The worry workbook for teens : effective CBT strategies to break the cycle of chronic worry and anxiety

by Jamie A. Micco

"Break the worry cycle for good! This fun, practical workbook offers effective, easy-to-understand cognitive behavioral therapy (CBT) exercises to help you understand your chronic worrying, toss "junk mail" thoughts, and manage your fears in a constructive way.



Your brain needs a hug : life, love, mental health, and sandwiches

by Rae Earl

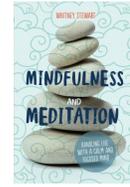
Rae Earl offers her personalized advice on the A to Zs of mental health, social media, family and friendship.



Are u ok? : a guide to caring for your mental health

by Kati Morton

The licensed family therapist and YouTube personality clarifies the difference between mental health and mental illness, answering common questions to reduce stigmas while offering advice on how to pursue beneficial therapy.



Mindfulness and Meditation : Handling Life With a Calm and Focused Mind

by Whitney Stewart

Author Whitney Stewart introduces readers to the practice of mindfulness. With its roots in ancient Buddhist teachings, mindfulness--the practice of purposefully focusing attention on the present moment--can change a person's approach to stress, develop skills to handle anxiety and depression, and provide a sense of awareness and belonging.



It's all absolutely fine : life is complicated so I've drawn it instead

by Ruby Elliot

It's All Absolutely Fine is an honest and unapologetic account of day-to-day life as a groaning, crying, laughing sentient potato being for whom things are often absolutely not fine. Through simple, humorous drawings and a few short narratives, the book encompasses everything from mood disorders, anxiety, and issues with body image through to existential conversations with dogs and some unusually articulate birds.