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# SELF-CARE

TEEN READING LIST

Title	Author	Call Number	Topic
Mindfulness for Teens in 10 Minutes a Day: Exercises to Feel Calm, Stay Focused & Be Your Best Self	Battistin, Jennie Marie	TC 158.13 BAT	Mindfulness
The Book of Knowing : Know How You Think, Change How You Feel	Smith, Gwendoline	TC 152.4 SMI	Emotions
Chill: Stress-Reducing Techniques for a More Balanced, Peaceful You	Reber, Deborah	TC 155.518 REB	Stress Management
Everything a Band-Aid Can't Fix : A Teen's Guide to Healing and Dealing with Life	Russell, Nicole	TC 155.5 RUS	Emotions
Whole Girl: Live Vibrantly, Love Your Entire Self, and Make Friends with Food	Radinsky, Sadie	TC 155.5182 RAD	Self-Confidence
Everything Counts : A Year's Worth of Devotions for Radical Living	Case, Steven L.	EBOOK	Mindfulness
What Color is Your Parachute? for Teens : Discover Yourself, Design Your Future, and Plan for Your Dream Job	Christen, Carol	TC 331.702 CHR	Life Skills
Be Mindful and Stress Less: 50 Ways to Deal with Your (Crazy) Life	Biegel, Gina M	TC 155.519 BIE	Mindfulness
Project You: More Than 50 Ways to Calm Down, De-Stress, and Feel Great	Andrus, Aubre	TC 155.518 AND	Stress Management
Stuff That Sucks: A Teen's Guide to Accepting What You Can't Change and Committing to What You Can	Sedley, Ben	TC 155.519 SED	Emotions
The Teen's Guide to Social Skills : Practical Advice for Building Empathy, Self-Esteem, & Confidence	Fitzsimons, Kate	TC 155.513 FIT	Self-Confidence
The Self-Compassionate Teen: Mindfulness and Compassion Skills to Conquer Your Critical Inner Voice	Bluth, Karen	TC 155.5191 BLU	Mindfulness
The Emotionary : n. A Dictionary of Words That Don't Exist for Feelings That Do	Sher, Eden	TC 302.2 SHE	Emotions

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Yoga for Teens	Schenk, Shawna	TC 613.7046 SCH	Healthy Habits
Your Life, Your Way: Acceptance and Commitment Therapy Skills to Help Teens Manage Emotions and Build Resilience	Ciarrochi, Joseph	TC 305.235 CIA	Emotions
Stuff That's Loud: A Teen's Guide to Unspiraling When OCD Gets Noisy	Sedley, Ben	TC 616.85 SED	Stress Management
Rookie on Love : 45 Voices on Romance, Friendship, and Self-Care	Gevinson, Tavi	TC 302 ROO	Relationships
Undecided: Navigating Life and Learning After High School	Morgan, Genevieve	EBOOK	Life Skills
The Healthy Cookbook for Teens : 100 Fast & Easy Delicious Recipes	Michaud, Noah	TC 641.512 MIC	Healthy Habits
YESSS!: The SUMO Secrets to Being a Positive, Confident Teenager	McGee, Paul	TC 155.5191 MCG	Self-Confidence
The Insomnia Workbook for Teens: Skills to Help You Stop Stressing & Start Sleeping Better	Tompkins, Michael A.	TC 616.8498 TOM	Healthy Habits
Enough As She Is: How to Help Girls Move Beyond Impossible Standards of Success to Live Healthy, Happy, and Fulfilling Lives	Simmons, Rachel	TC 155.533 SIM	Self-Confidence
Beyond the Content: Mindfulness as a Test Prep Advantage	Thompson, Logan	TC 371.3028 THO	Mindfulness
The Self-Love Revolution: Radical Body Positivity for Girls of Color	Tovar, Virgie	TC 306.4 TOV	Self-Confidence
Eating Mindfully for Teens: A Workbook to Help You Make Healthy Choices, End Emotional Eating, and Feel Great	Albers, Susan	TC 613.2083 ALB	Healthy Habits
The Guy's Guide to Four Battles Every Young Man Must Face: A Manual to Overcoming Life's Common Distractions	McKee, Jonathan R.	TC 248.832 MCK	Self-Confidence
It's All Love: Reflections for Your Heart & Soul	Ortega, Jenna	TC 177.7 ORT	Mindfulness
What They Don't Teach Teens: Life Safety Skills for Teens and the Adults Who Care for Them	Cristall, Jonathan	TC 646.7008 CRI	Life Skills