



## **Health On A Shelf**

### **Middle School Booklist**

#### **Stress Management**

1. ***Fighting Invisible Tigers: Stress Management for Teens***

Stress is something we all experience. But research suggests that adolescents are affected by it in unique ways that can increase impulsivity and risky behaviors. While eliminating stress from life isn't realistic, young people can learn to control how they respond to it. This book offers proven techniques that teens can use to deal with stressful situations in school, at home, and among friends. They'll find current information on how stress affects health and decision making and learn stress-management skills to handle stress in positive ways—including assertiveness, positive self-talk, time management, relaxation exercises, and much more. Filled with interesting facts, student quotes, and fun activities, this book is a great resource for any teen who's said, "I'm stressed out!"

2. ***My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic***

Anxiety can make everything seem unmanageable - from dealing with family and friends to managing schoolwork and extracurricular activities. It's been estimated that between nine and 15 million teens in the United States suffer from phobias, panic attacks, or extreme worry or anxiety. That's a lot of teens! "My Anxious Mind" helps teens take control of their anxious feelings by providing cognitive - behavioral strategies to tackle anxiety head-on and to feel more confident and empowered in the process. "My Anxious Mind" also offers ways for teens with anxiety to improve their inter-personal skills, whether it be with friends, family, or teachers; manage stress; handle panic attacks; use diet and exercise appropriately; and decide whether medication is right for them.

3. ***iCope: Stress Management for Teens and Young Adults***

This self-help book teaches four core stress management skills needed by teens and young adults to cope with stress. In addition to basic skills such as self-awareness, relaxation, and cognitive restructuring methods, issues related to anger management, self-esteem, and coping with major life events are also reviewed.

4. ***Too Stressed to Think? A Teen Guide to Staying Sane When Life Makes You Crazy***  
**Annie Fox, M.Ed.**

This book is packed with practical information and stress-lessening tools teens can use every day. Dozens of realistic scenarios describe stressful situations teen readers can relate to. Each scenario is followed by a clear, understandable process for reducing or stopping the stress and making decisions that won't leave a teen lamenting, "What was I thinking?"

## Depression

5. ***When Nothing Matters Anymore: A Survival Guide for Depressed Teens***

Full of solid information and straight talk, *When Nothing Matters Anymore* defines and explains adolescent depression, reveals how common it is, describes the symptoms, and spreads the good news that depression is treatable. Personal stories, photos, and poetry from teens dealing with depression speak directly to readers' feelings, concerns, and experiences.

6. ***The Power to Prevent Suicide: A Guide for Teens Helping Teens***

When teens consider suicide, they often tell other teens—if not always directly, then in other ways. Updated with new facts, statistics, and resources, this book gives teens the information and insight they need to recognize the risk and respond appropriately. It spells out the warning signs, guides teens through the steps of reaching out to a friend, and explains when and how to seek help. It also suggests ways for teens to help themselves when they're feeling stressed or depressed.

## Disease and Condition

7. ***Insatiable: The Compelling Story of Four Teens, Food and Its Power***

*Insatiable* is an astonishingly moving story of four teenage girls whose shame, fear and confusion compel them to binge, purge and refuse to eat in misguided attempts to feel safe and in control of their lives. This incredible, imaginative story, written in episodic format, is based on real case histories and tells a true-to-life story through character-driven vignettes. *Insatiable* will envelop readers in the personal and seemingly tangible worlds of each of the main characters. What makes this novel so forceful and vibrant is the way Eliot weaves her story through dynamics that inform these friendships and the therapy that helps them address their pain and fears. For every teen trapped in this seemingly endless cycle, and those who simply enjoy reading about real life issues (i.e. teen bestsellers *Speak* and *Smack*), *Insatiable* is a must-read.

8. ***Chicken Soup for the Soul: Teens Talk Middle School: 101 Stories of Life, Love, and Learning for Younger Teens***

The stories in this book cover topics important to the 12 to 14-year-old age range, including regrets and lessons learned, discovering the opposite sex, cliques and popularity, and new privileges and responsibilities such as jobs, cell phones, and grades.

9. ***Smart But Stuck: Emotions in Teens and Adults with ADHD***

*Smart but Stuck* offers 15 true and compelling stories about intelligent, capable teens and adults who have gotten "stuck" at school, work, and/or in social relationships because of their ADHD. Dr. Brown highlights the often unrecognized role that emotions play in this complex disorder. He explains why even very bright people with ADHD get stuck because they can focus well on some tasks that interest them, but often can't focus adequately on other important tasks and relationships.

- The first book to explain and illustrate the crucial role of emotions in the daily functioning of those living with ADHD

- Brown, Associate Director of the Yale Clinic for Attention & Related Disorders, is an internationally known authority on ADHD  
Drawing on the latest research findings, the book describes strategies and treatments for getting "unstuck" to move on to a more rewarding and productive life.

### **Overcoming Injury**

#### **10. *The Running Dream (2011)***

A bus accident leaves sixteen-year-old Jessica hospitalized and in crisis. Athletics and running have always been a major part of her life, and now she must deal with the loss of her leg, crutches, fittings for a prosthetic leg, and the social and academic demands of high school. Strong characters, a surprising friendship, and a realistic story make this book a compelling read. California author.

### **Puberty/Sexual Health**

#### **11. *Girl to Girl: Honest Talk About Growing Up and Your Changing Body***

Being a girl isn't always easy, and growing up is far from a walk in the park. This time of transition is particularly confusing without a confidante to help. Meet Sarah O'Leary Burningham, a real-life big sister here to coach preteens through all of life's big moments, from first bras to first periods. Filled with letters and testimonials from real girls—as well as confidence-boosting advice and myth-busting sidebars—this fun, accessible, and highly visual book is a must-have for every girl navigating her way through the preteen years.

#### **12. *The Care and Keeping of You (American Girl) (American Girl Library)***

The bestselling guide has sold more than 3 million copies! It answers all the questions preteen girls have about their bodies, from healthy eating to bra buying to periods. It offers guidance on basic hygiene and health without addressing issues of sexuality

#### **13. *The Body Book For Boys***

A must-have book for boys looking for straightforward advice about their changing bodies and growing up. There are answers to questions about everything from shaving, vocal changes, bad breath, smelly feet, braces, and acne, to school, sports, girls, friends, family, and more. The Body Book For Boys is complete with tips, quizzes, Q&As, and all of the essential info boys need to know.

#### **14. *The Boys Body Book: Everything You Need to Know for Growing Up YOU***

Growing up isn't as easy as it looks. With changing emotions, friends, expectations, and bodies, some days it can seem like life is one big roller coaster ride. The Boy's Body Book is here to help with expert advice, common sense tips, fast facts, and answers to all questions a boy might have. Topics include: From hair care to athlete's foot, a head to toe guide to what's happening with your changing body Basketball football, soccer, chess: How you can excel no matter what you like to do Your guide to the care and keeping of parents, teachers, brothers, and sisters How to keep your friends and your morals, and what to do if peer pressure starts to become an issue

**15. Sex, Puberty, and All That Stuff: A Guide to Growing Up**

This friendly book talks to teens in their own language, with emphasis on the subject that is foremost in the minds of just about every adolescent boy and girl: Sex. Separate chapters titled Boy Stuff and Girl Stuff describe body changes that occur during puberty, with frank and open explanations of male and female genitals, how they feel and how they function. Chapters that follow discuss typical teen problems, as well as those entirely new feelings that come with sexual development. Among them are, having a crush on that attractive boy or girl, coping with controlling parents, menstruation, dating and sexual activity, contraception, pregnancy, sexually transmitted infections, homosexual impulses, and generally surviving those difficult yet exciting teen years.

**16. Guy Book: An Owner's Manual: Safety, Maintenance, and Operating Instructions for Teens, (2009)**

Mavis Jukes explains the workings of the human body and the changes that adolescents are undergoing physically, talks about dangerous behaviors and myths that can kill, and provides information about the availability of counseling for those having a bad time of things. The author also discusses sexually transmitted diseases and pregnancy, and the absolute need to understand that no never means yes. This is an effective guide for middle-school students who are experiencing developmental changes.

**Staying Safe (injury and violence prevention)**

**17. Respect: A Girl's Guide to Getting Respect and Dealing When Your Line Is Crossed**

By: Courtney Macavinta, Adrea Vander Pluym

This smart, savvy book helps teen girls get respect and hold on to it no matter what—at home, at school, with their friends, and in the world. Tips, activities, writing exercises, and quotes from teens keep readers involved. This “big sister” style inspires trust. Girls learn respect is connected to everything, every girl deserves respect, and respect is always within reach because it starts on the inside. This book is your guide to getting respect and keeping it.

**18. Be Confident in Who You Are**

By: Annie Fox

So begins the journey of Jack, Jen, Chris, Abby, Mateo, and Michelle—six students just trying to figure it all out in middle school. *Be Confident in Who You Are*, the first book in the new Middle School Confidential series, follows these characters as they work to meet new challenges and survive the social scene—without losing sight of who they are. The book offers insider information on common middle school concerns and practical advice for being healthy, feeling good about who you are, and staying in control of your feelings and actions—even when the pressure is on. Filled with character narratives, quizzes, quotes from real kids, tips, tools, and resources, this book is a timely and engaging survival guide for the middle school years.

**Nutrition**

**19. Fast Food Nation**

by: Eric Schlosser

In 2001, *Fast Food Nation* was published to critical acclaim and became an international bestseller. Eric Schlosser's exposé revealed how the fast food industry has altered the

landscape of America, widened the gap between rich and poor, fueled an epidemic of obesity, and transformed food production throughout the world. The book changed the way millions of people think about what they eat and helped to launch today's food movement. (amazon.com)

**20. Animal, Vegetable, Miracle: A Year of Food Life**

By: Barbara Kingsolver

Author Barbara Kingsolver and her family abandoned the industrial-food pipeline to live a rural life—vowing that, for one year, they'd only buy food raised in their own neighborhood, grow it themselves, or learn to live without it. Part memoir, part journalistic investigation, *Animal, Vegetable, Miracle* is an enthralling narrative that will open your eyes in a hundred new ways to an old truth: You are what you eat.

**21. Omnivore's Dilemma, young readers edition: The Secrets Behind What you Eat**

By: Michael Pollan

"What's for dinner?" seemed like a simple question—until journalist and supermarket detective Michael Pollan delved behind the scenes. From fast food and big organic to small farms and old-fashioned hunting and gathering, this young readers' adaptation of Pollan's famous food-chain exploration encourages kids to consider the personal and global health implications of their food choices.

**22. Smart Girls' Guide to Going Vegetarian**

By: Rachel Meltzer Warren, MS, RDN

No labels. No fuss. It's not about what you call yourself--it's about how you feel. Whether you're going vegan, vegetarian, fish-only, chicken-only, or all veggies except grandma's famous pigs-in-a-blanket, this book is your new best friend.

**23. Eat Fresh Food! Awesome Recipes for Teen Chefs**

By: Rozanne Gold

Renowned chef Rozanne Gold has assembled an All-Star Team of teen chefs—kids who love to cook and love to eat good food—to create more than eighty mouth-watering recipes, attuned to the seasons, refined for the kinds of food teens want to eat. With plenty of snacks, smoothies, school lunches, burgers, fabulous pizza, desserts, and more, each delicious bite is made with the freshest, best-for-you ingredients you can find. Fully illustrated with photos of this cooking team in action, here is a cookbook no aspiring chef will want to miss.

**24. The Teen's Vegetarian Cookbook**

By: Judy Krismanic

From Apple-Date Dessert to Zesty BBQ Burgers, vegetarian cooking is more varied and exciting than ever before. Here are over 120 recipes for mouth-watering and nutritious meals, snacks, and desserts—including Easy Homemade Granola, Cold Sesame Noodles, Thai Coconut Curry, and Chocolate Coma--that are easy enough for beginning chefs to handle. You'll also find a glossary of cooking terms and unusual ingredients, complete step-by-step menus for meals the whole family can enjoy, and a chapter on college cuisine. So get ready to do some vegetarian cooking--all it takes is a little enthusiasm and the willingness to experiment, and in no time at all you'll be simmering, sautéing, and stir-frying like a pro!

