**BHS LIBRARY STAFF RECOMMENDS….**

**Books on Teen Anxiety, Stress and Depression**

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| 616.89 Ame | Amen, Daniel G. Change your brain, change your life : the breakthrough program for conquering anxiety, depression, obsessiveness, anger, and impulsiveness. 1st pbk. ed. New York : Times Books, [2000?]. A neuropsychiatrist reveals the link between certain brain structures and particular psychological problems. |
| FIC Ash | Asher, Jay. Thirteen reasons why : a novel. New York : Razorbill, c2007. When Clay Jenkins receives a box containing thirteen cassette tapes recorded by his classmate Hannah, who committed suicide, he spends the night crisscrossing their town, listening to Hannah's voice recounting the events leading up to her death. |
| 616.85 Con | Connolly, Sucheta. Anxiety disorders. New York : Chelsea House, c2006. Development of anxiety disorders -- Evaluation and treatment of anxiety disorders -- Generalized anxiety disorder -- Separation anxiety disorder -- Social phobia -- Specific phobia -- Panic attacks and panic disorder -- Obsessive-compulsive disorder -- Post-traumatic stress disorder -- Outlook for the future. Examines the symptoms, causes, and effects of anxiety disorders, including generalized anxiety disorder, separation anxiety, phobias, panic attacks, obsessive-compulsive disorder, and post-traumatic stress disorder, and looks at available treatments and the outlook for the future. |
| 155.5 Fox | Fox, Annie, 1950-. Too stressed to think? : a teen guide to staying sane when life makes you crazy. Minneapolis, MN : Free Spirit, c2005. Presents a practical guide for teens that describes ways in which to handle the stress of school, family, dating and relationship issues, deadlines, peer pressure, and much more. |
| 921 Gri | Griffith, Gail, 1950-. Will's choice : a suicidal teen, a desperate mother, and a chronicle of recovery. 1st Harper pbk. ed. New York : Harper, 2006, c2005. |
| 362.28 Gro | Grollman, Earl A. Living when a young friend commits suicide, or even starts talking about it. Boston : Beacon Press, c1999. Discusses why people commit suicide, how to deal with the various emotions caused by the suicide of someone you know, how to help someone suicidal, religious issues, and popular misconceptions about suicide. |
| 616.86 Hun | Hunter, David. But smoking makes me happy : the link between nicotine and depression. Broomall : Mason Crest Publishers, c2009. A look at nicotine and depression -- Chemistry of the depressed smoker -- Making connections between nicotine and depression -- Many unanswered questions -- Breaking the chain -- An ounce of prevention. Explains the scientific links between nicotine and depression, and discusses how properly treating depression can also lead to smoking cessation. |
| 616.85 Irw | Irwin, Cait. Conquering the Beast Within : How I Fought Depression and Won--and How You Can, Too. New York : Times Books, 1998. |
|  | Adolescence in America : an encyclopedia. Santa Barbara, Calif. : ABC-CLIO, c2001. v. 1. A-M. -- v. 2. N-Z. |
| 616 Kle | Klebanoff, Susan. Ups & downs : how to beat the blues and teen depression. New York : Price Stern Sloan, c1999. Examines the nature, causes, and effects of depression, where to turn for help, and ways to cope with it. |
| 616.85 Lee | Lee, Jordan. Coping with anxiety and panic attacks. New York : The Rosen Pub., 1997. Offers advice on how to cope with such feelings as stress, anger, and anxiety related to various problems faced by many teenagers. |
| FIC Mar | Marchetta, Melina, 1965-. Jellicoe Road. 1st U.S. ed. New York : HarperTeen, 2008, c2006. Abandoned by her drug-addicted mother at the age of eleven, high school student Taylor Markham struggles with her identity and family history at a boarding school in Australia. |
| 155.5 Mun | Munroe, Erin A. The anxiety workbook for girls : proven tips to help you go from freakin' out to chillin' out! Minneapolis : Fairview Press, c2010. A workbook designed to help girls understand what anxiety is and why it happens, address specific causes of anxiety, such as peer pressure, body image, parents, and school, and learn techniques for keeping calm. |
| FIC YA Rap | Rapp, Adam. Under the wolf, under the dog. 1st ed. Cambridge, Mass. : Candlewick Press, 2004. Sixteen-year-old Steve struggles to make sense of his mother's terminal breast cancer and his brother's suicide. |
| 612.7 Rat | Ratey, John J., 1948-. Spark : the revolutionary new science of exercise and the brain. 1st ed. New York : Little, Brown, 2008. Introduction: making the connection -- Welcome to the revolution: a case study on exercise and the brain -- Learning: grow your brain cells -- Stress: the greatest challenge -- Anxiety: nothing to panic about -- Depression: move your mood -- Attention deficit: running from distraction -- Addiction: reclaiming the biology of self-control -- Hormonal changes: the impact on women's brain health -- Aging: the wise way -- The regimen: build your brain -- Afterword: fanning the flames. Discusses how exercise improves one's capacity to learn and handle stress, anxiety, depression, attention deficit, addiction, hormonal changes, and aging. |
| 616.85 Rea | Real, Terrence. I don't want to talk about it : overcoming the secret legacy of male depression. New York : Scribner, 1997. |
| FIC Sal | Salinger, Jerome David, 1919-. The catcher in the rye. 1st LB Books mass market paperback ed. Boston : LB Books, 1991, c1945. Story of Holden Caufield with his idiosyncrasies, penetrating insight, confusion, sensitivity and negativism. Holden, knowing he is to be expelled from school, decides to leave early. He spends three days in New York City and tells the story of what he did and suffered there. |
| 616.85 Sch | Schutz, Samantha. I don't want to be crazy. New York : Push, [2007], c2006. A poetry memoir in which the author tells of the pressures that led her to suffer debilitating anxiety attacks, and the path she took to coping and recovery. |
| 616.85 Sco | Scowen, Kate. My kind of sad : what it's like to be young and depressed. Toronto ; : Annick Press ;, c2006. Discusses a number of mental health disorders in teens including bipolar disorder, self-mutilation, suicide, and clinical depression; and offers advice on identifying problems and dealing with them effectively. |
| 921 Sim | Simon, Lizzie. Detour : my bipolar road trip in 4-D. 1st Washington Square Press trade pbk. ed. New York : Washington Square Press, 2003, c2002. The author, diagnosed with bipolar disorder while still in high school, discusses her experiences after she decided to leave her job as a theatrical producer and travel the country in search of other young manic depressives, on medication, who are highly functional in society. |
| FIC Viz | Vizzini, Ned, 1981-. It's kind of a funny story. 1st Hyperion pbk. ed. New York : Hyperion, 2010, c2006. A humorous account of a New York City teenager's battle with depression and his time spent in a psychiatric hospital. |