

Tewksbury Public Library Teen Services Department

Book Suggestions for Teens

Search for these items in our [Catalog](#)
Want more ideas? Try [Books & Authors](#),
[Goodreads](#), or [NoveList](#) (requires library card)

***Names Will Never Hurt Me* - Adoff, Jaime (T)**

Several high school students relate their feelings about school, themselves, and events as they unfold on the fateful one-year anniversary of the killing of a fellow student.

***Never Ending* - Bedford, Martyn (T)**

Traumatized by grief and guilt after her younger brother dies during a family vacation, fifteen-year-old Shiv is sent away to an exclusive clinic that claims to "cure" people like her.

***The Nature of Jade* - Caletti, Deb (T)**

Seattle high school senior Jade's life is defined by her anxiety disorder and dysfunctional family, until she spies a mysterious boy with a baby who seems to share her fascination with the elephants at a nearby zoo.

***The Perks of Being a Wallflower* - Chbosky, Stephen (T, M)**

A haunting coming of age novel told in a series of letters to an unknown correspondent reveals the life of Charlie, a freshman in high school who is a wallflower, shy and introspective, and very intelligent, it's a story of what it's like to grow up in high school, tracing a course through uncharted territory in the world of first dates, family dramas and new friends.

***Waiting for You* - Colasanti, Susane (T)**

Fifteen-year-old high school sophomore Marisa, who has an anxiety disorder, decides that this is the year she will get what she wants — a boyfriend and a social life — but things do not turn out exactly the way she expects them to.

***A Really Awesome Mess* - Cook, Trish & Brendan Halpin (T)**

An angry girl and a depressed boy, both sixteen, are sent to a therapeutic boarding school.

Teen Issues:

Anxiety, Grief

& Depression

***Revolution* - Donnelly, Jennifer (T)**

An angry, grieving seventeen-year-old musician facing expulsion from her prestigious Brooklyn private school travels to Paris to complete a school assignment and uncovers a diary written during the French revolution by a young actress attempting to help a tortured, imprisoned little boy — Louis Charles, the lost king of France.

***After the Moment* - Freymann-Weyr, Garret (T)**

When seventeen-year-old Leigh changes high schools his senior year to help his stepsister, he finds himself falling in love with her emotional disturbed friend, although he is still attached to a girl back home.

***Looking for Alaska* - Green, John (T, E)**

Also try: *Paper Towns* & *An Abundance of Katherines*
Sixteen-year-old Miles' first year at Culver Creek Preparatory School in Alabama includes good friends and great pranks, but is defined by the search for answers about life and death after a fatal car crash.

Key to Locations:

T = teen fiction

A = adult fiction

J = juvenile fiction

S = sound recording

E = e-book or e-audio

TG = teen graphic

AG = adult graphic

M = made into movie

Ordered by author's
last name unless
otherwise marked.

***The Unbecoming of Mara Dyer* - Hodkin, Michelle (T)**

Sequels: *The Evolution of Mara Dyer* &

The Retribution of Mara Dyer

Seventeen-year-old Mara cannot remember the accident that took the lives of three of her friends but, after moving from Rhode Island to Florida, finding love with Noah, and more deaths, she realizes uncovering something buried in her memory might save her family and her future.

***Rage* - Kessler, Jackie Morse (T)**

Sixteen-year-old Missy copes with being an outcast at school and stress at home by cutting herself with a razor blade, until Death chooses her as one of the Four Horsemen of the Apocalypse, War, and offers her a new blade.

***Cut* - McCormick, Patricia (T)**

While confined to a mental hospital, thirteen-year-old Callie slowly comes to understand some of the reasons behind her self-mutilation, and gradually starts to get better.

***I'll Give You the Sun* - Nelson, Jandy (T)**

A story of first love and family loss follows the estrangement between daredevil Jude and her loner twin brother, Noah, as a result of a mysterious event that is brought to light by a beautiful, broken boy and a new mentor.

***Dr. Bird's Advice for Sad Poets* - Roskos, Evan (T)**

A sixteen-year-old boy wrestling with depression and anxiety tries to cope by writing poems, reciting Walt Whitman, hugging trees, and figuring out why his sister has been kicked out of the house.

***Stop Pretending: What Happened When My Big Sister Went Crazy* - Sones, Sonya (T)**

A younger sister has a difficult time adjusting to life after her older sister has a mental breakdown.

***Crosses* - Stoeher, Shelley (T)**

Unhappy at home, Nancy and her friend Katie adopt punk lifestyles and find relief in cutting themselves, until Nancy is forced to confront her problems.

***It's Kind of a Funny Story* - Vizzini, Ned (T, M)**

A humorous account of a New York City teenager's battle with depression and his time spent in a psychiatric hospital.

***Trick of the Mind* - Waite, Judy (T)**

The struggles of several young people who confront family problems, emotional problems, unrequited love, mystery, and violence, is told from the viewpoint of Matt, who is known for his unusual behavior but who has unusual gifts, and Erin, who tries to use her proficiency with magic to attract Matt.

***Blind Faith* - Wittlinger, Ellen (T)**

While coping with her grandmother's sudden death and her mother's resulting depression and fascination with a spiritualist church, whose ministers claim to communicate with the dead, fifteen-year-old Liz finds herself falling for a new neighbor whose mother is dying of cancer.

Also try these books for adults:

***Hyperbole and a Half* - Brosh, Allie (AG)**

Collects autobiographical, illustrated essays and cartoons from the author's popular blog and new material that humorously and candidly deals with her own idiosyncrasies and battles with depression.

***Girl, Interrupted* - Kaysen, Susanna (B - Kaysen, E, M)**

The fascinating true story of a young woman's life-altering stay at a famous psychiatric hospital in the late 1960's.

***The Silver Linings Playbook* - Quick, Matthew (A, E, M)**

Pat Peoples formulates a theory about silver linings: he believes his life is a movie produced by God, his mission is to become physically fit and emotionally supportive, and his happy ending will be the return of his estranged wife, Nikki. But when Pat goes to live with his parents, everything seems changed: no one will talk to him about Nikki, his old friends are saddled with families, and his new therapist seems to be recommending adultery as a form of therapy.

Suggest changes to this list
by emailing ccoveney@mvlc.org.
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Summaries taken from library catalog.

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