

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)

***Wintergirls* - Anderson, Laurie Halse (T, E)**

Also try: *The Impossible Knife of Memory*

Eighteen-year-old Lia comes to terms with her best friend's death from anorexia as she struggles with the same disorder.

***Go Ask Alice* - Anonymous (T - GO)**

A fifteen-year-old drug user chronicles her daily struggle to escape the pull of the drug world.

***What Happens Next* - Clayton, Colleen (T)**

The stress of hiding a horrific incident that she can neither remember nor completely forget leads sixteen-year-old Cassidy "Sid" Murphy to become alienated from her friends, obsess about weight loss, and draw close to Corey "The Living Stoner" Livingston.

***Perfect* - Friend, Natasha (T)**

Following the death of her father, a thirteen-year-old uses bulimia as a way to avoid her mother's and ten-year-old sister's grief, as well as her own.

***Looks* - George, Madeleine (T)**

Two high school girls, one an anorexic poet and the other an obese loner, form an unlikely friendship.

***Crash and Burn* - Hassan, Michael (T)**

Steven "Crash" Crashinsky relates his sordid ten-year relationship with David "Burn" Burnett, the boy he stopped from taking their high school hostage at gunpoint.

***OCD Love Story* - Haydu, Corey Ann (T)**

In an instant, Bea felt almost normal with Beck, and as if she could fall in love again, but things change when the psychotherapist who has been helping her deal with past romantic relationships puts her in a group with Beck — a group for teens with obsessive-compulsive disorder.

Teen Issues:

Mental Illness

Dissociative Disorders
Addiction, Eating Disorders
ADD/ADHD, Bipolar Disorder
Obsessive Compulsive Disorder
Posttraumatic Stress Disorder
Schizophrenia

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

Also try: *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.

***The Half Life of Molly Pierce* - Leno, Katrina (T)**

Molly, a seventeen-year-old girl with dissociative identity disorder, has played host to Mabel, a completely distinct personality, for most of her life. When Molly faces a crisis Mabel doesn't know she can handle, Mabel lets Molly in on her secrets.

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.

***Shattered Souls* - Lindsey, Mary (T)**

When a Texas high school student starts hearing voices she assumes she is schizophrenic like her father, but instead she finds out that she is a "Speaker," who can communicate with the dead in order to help their troubled souls find resolution.

***We Were Liars* - Lockhart, E. (T)**

Spending the summers on her family's private island off the coast of Massachusetts with her cousins and a special boy named Gat, teenaged Cadence struggles to remember what happened during her fifteenth summer.

***Virtuosity* - Martinez, Jessica (T)**

Just before the most important violin competition of her career, seventeen-year-old prodigy Carmen faces critical decisions about her anti-anxiety drug addiction, her controlling mother, and a potential romance with her most talented rival.

***Say What You Will* - McGovern, Cammie (T)**

Born with cerebral palsy, Amy can't walk without a walker, talk without a voice box, or even fully control her facial expressions. Plagued by obsessive-compulsive disorder, Matthew is consumed with repeated thoughts, neurotic rituals, and crippling fear. Both in desperate need of someone to help them reach out to the world, Amy and Matthew are more alike than either realized. When Amy decides to hire student aides to help her in her senior year at Coral Hills High School, these two teens are thrust into each other's lives. As they spend time with each other, what started as a friendship eventually grows into something neither expected.

***Sex and Violence* - Mesrobian, Carrie (T)**

Sex has always come without consequences for Evan. Until the night when all the consequences land at once, leaving him scarred inside and out.

***Recovery Road* - Nelson, Blake (T)**

While she is in a rehabilitation facility for drug and alcohol abuse, seventeen-year-old Maddie meets Stewart, who is also in treatment, and they begin a relationship, which they try to maintain after they both get out.

***A Trick of the Light* - Metzger, Lois (T)**

Fifteen-year-old Mike desperately attempts to take control as his parents separate and his life falls apart.

***I Will Save You* - Peña, Matt de la (T)**

Kidd Ellison runs away to work for the summer at a beach campsite in California where his hard work and good looks lead to friendship and love but painful past memories surface in menacing ways.

***What Happened to Lani Garver* - Plum-Ucci, Carol (T)**

Sixteen-year-old Claire is unable to face her fears about a recurrence of her leukemia, her eating disorder, her need to fit in with the popular crowd on Hackett Island, and her mother's alcoholism until the enigmatic Lani Garver helps her get control of her life at the risk of his own.

***Last Night I Sang to the Monster* - Sáenz, Benjamin Alire (T)**

Eighteen-year-old Zach does not remember how he came to be in a treatment center for alcoholics, but through therapy and caring friends, his amnesia fades and he learns to face his past while working toward a better future.

***Don't Touch* - Wilson, Rachel (T)**

Caddie struggles with OCD, anxiety, and a powerful fear of touching another person's skin, which threatens her dreams of being an actress — until the boy playing Hamlet opposite her Ophelia gives her a reason to overcome her fears.

More Teen Suggestions:

Jars of Glass - Barkley, Brad (T)

Massive - Bell, Julia (T)

Girl Parts - Cusick, John (T)

To Be Mona - Easton, Kelly (T)

The Butterfly Clues - Ellison, Kate (T)

Loud Awake and Lost - Griffin, Adele (T)

Skinny - Kaslik, Ibi (T)

Butter - Lange, Erin Jade (T)

Vanishing Girls - Oliver, Lauren (T)

How I Live Now - Rosoff, Meg (T)

OCD, the Dude, and Me - Vaughn, Lauren Roedy (T)

Breathless - Warman, Jessica (T)

Suggest changes to this list
by emailing ccoveney@mvlc.org.

Created by Corinne Coveney, © 2015.
Summaries taken from library catalog.

Tewksbury Public Library

300 Chandler Street

Tewksbury, MA 01876

978-640-4490 www.tewksburypl.org