

## Reading lists for Youth:

For Elementary School Children:

<https://www.mylemarks.com/book-recommendations.html>

For Middle School Youth/ Preteens:

<https://www.anovelmind.com/post/therapy-positive-middle-grade-books>

<https://www.readbrightly.com/kid-approved-middle-grade-books-mental-health>

[The Girl Who Looked Beyond the Stars by L.B. Anne](#)

For High School/ Adolescents:

<https://www.theliterarymaven.com/2018/01/teen-books-mental-health.html>

For Middle/ High School teens:

[5 Minute Mindfulness Meditations for Teens by Nicole Libin](#)

[First We Make the Beast Beautiful by Sarah Wilson](#)

[Every Word You Cannot Say by Iain Thomas](#)

[Beyond the Bright Sea, Lauren Work](#)

[Turtles All The Way Down by John Green](#)

[Dear Evan Hansen by Val Emmich](#)

[Don't Sweat the Small Stuff for Teens by Richard Carlson](#)

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[Shoot Your Shot: A Sport-Inspired Guide To Living Your Best Life, by Vernon Brundage  
Vernon Brundage Jr.](#)

[Words of Wisdom for Teens \(The Complete Collection, Book 1-3\): Books to Help Teen  
Girls Conquer Negative Thinking, Be Positive, and Live with Confidence by Jacqui  
Letran](#)

[Just As You Are: A Teen's Guide to Self-Acceptance and Lasting Self-Esteem \(The  
Instant Help Solutions Series\) by Michelle Skeen](#)

[Brave: A Teen Girl's Guide to Beating Worry and Anxiety, by Sissy Goff](#)

[Some Girls Do, Jennifer Dugan, Nora Hunter, et al](#)

[And One More Thing Before You Go- Maria Shriver- great book to encourage High  
School Students](#)