***List of 10 Reviewed Books for Secondary School Libraries***

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| **Nos.** | **Main Topics** | **Title** | **Authors** |
| 1 | **Social Anxiety** | The shyness and social anxiety workbook for teens | Jennifer Shannon |
| 2 | **Anxiety/Mood** | Think Good Feel Good: A Cognitive Behaviour Therapy Workbook for Children and YoungPeople **(2nd Edition due Dec 18)** | Paul Stallard |
| 3 | **Low Mood/Depression** | Am I Depressed: and what can I do about it – a CBT self help book for teenagers experiencing low mood and depression | Shirley Reynolds & Monika Parkinson |
| 4 | **Emotions/Mood** | Don’t let your emotions run your life for teens | Sheri Van Dijk |
| 5 | **Stress**  | Fighting invisible tigers – stress management for teens | Earl Hipp |
| 6 | **Exam Stress** | Starving the exam stress gremlin  | Katie Collins- Donnelly  |
| 7 | **OCD** | Breaking free from OCD: A CBT guide for YP and their families | *Jo Derisley, Isobel Heyman, Sarah Robinson, Cynthia Turner* |
| 8 | **Bullying** | Bullies, Cyber bullies & Frenemies:  | Michael Elliot |
| 9 | **Coping**  | Stuff that sucks: Accepting what you can and can’t change and committing to what you can  | Ben Sedley |
| 10 | **Self Esteem** | Banish your self esteem thief | Kate Collins Donnelly |