The background features a large, abstract composition of blue and black geometric shapes. On the left, several tall, narrow black rectangles stand vertically against a blue background. Below these, a large blue shape with a white outline suggests a stylized figure or a set of steps. The bottom right corner contains more blue shapes and small dots, creating a sense of depth and movement.

TEEN DIVERSABILITY RESOURCE LIST

Books and materials for
teens with additional needs

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6	Anxiety & Worry
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Special thanks to Mrs. Linda Youmans
Youth Collections/ System Librarian
for putting this list together.

You can reserve and request all materials mentioned in this publication through the
Okanagan Regional Library website.

orl.bc.ca

Special book lists have been created by our dedicated ORL staff to help you find
the materials you need. You can access these lists by doing one of two things:

Visit the link provided.

Below each topic title you will find a
link. Visit that link to see all materials
associated with that topic.

ex link:

View this list at
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Scan the code.

Use a QR Scanning app on your mobile
device to quickly navigate to the list.
Simply launch the app on you device
then scan the code provided under each
topic. If you don't have a QR scanner
app on you device, you can download
one from your app store for free.

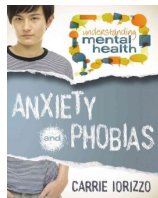
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ANXIETY & WORRY



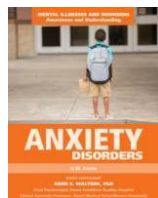
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ANXIETY AND PHOBIAS

by Carrie Iorizzo

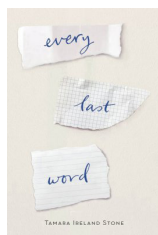
In this easy-to-read book, different types of anxiety and phobias are discussed, along with diagnosis, treatment, coping mechanisms, and where to get help.



ANXIETY DISORDERS

by Hilary W. Poole

When anxiety gets so bad that it stops people from doing the things they want to do, it could be an anxiety disorder. This informational book helps you learn coping strategies.



EVERY LAST WORD

by Tamara Ireland Stone

Consumed by a stream of dark thoughts and worries that she can't turn off, a girl coping with Purely-Obsessional OCD learns to accept herself and take control of her life through her experiences in a poetry club.

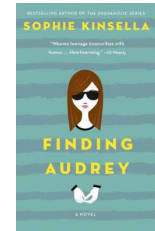
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YA 616.8522 POO

YA Fiction STO

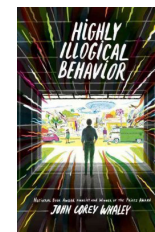
ANXIETY & WORRY



FINDING AUDREY

by Sophie Kinsella

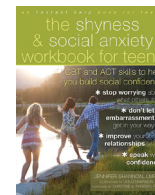
Fourteen-year-old Audrey is making slow, but steady progress, dealing with her anxiety disorder when Linus comes into the picture and her recovery gains momentum.



HIGHLY ILLOGICAL BEHAVIOR

by John Corey Whaley

Agoraphobic sixteen-year-old Solomon has not left his house in three years, but Lisa is determined to change that – and to write a scholarship-winning essay based on her results.



THE SHYNESS & SOCIAL ANXIETY WORKBOOK FOR TEENS: CBT AND ACT SKILLS TO HELP YOU BUILD SOCIAL CONFIDENCE

by Jennifer Shannon

An instant help book for teens, which will assist with improving social relationships by reducing worry, embarrassment and increasing confidence.

YA Fiction KIN

YA Fiction WHA

YA 155.5182 SHA

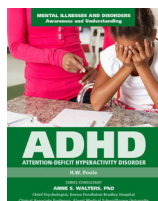
ADD & ADHD

ATTENTION
DEFICIT
DISORDER

ATTENTION
DEFICIT
HYPERACTIVITY
DISORDER



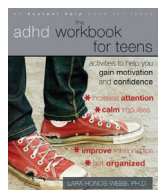
View this list at
goo.gl/TjwXPz



ADHD, ATTENTION DEFICIT HYPERACTIVITY DISORDER

by Hilary W. Poole

ADHD can make getting along at home very difficult and getting through the school day even worse. Fortunately, this book reveals the many ways to treat this illness, so that students can start living a more normal day-to-day life.



THE ADHD WORKBOOK FOR TEENS: ACTIVITIES TO HELP YOU GAIN MOTIVATION AND CONFIDENCE

by Lara Honos-Webb

Teens will learn simple skills to use, so that they confidently handle school, make and keep friends and organize and finish every project they start.

ASD

AUTISM
SPECTRUM
DISORDER



View this list at
goo.gl/JxKBGr



AUTISM SPECTRUM DISORDER: THE ULTIMATE TEEN GUIDE

by Francis Tabone, 2016.

One out of every 68 people is diagnosed with autism spectrum disorder (ASD). This informational book provides up-to-date information designed to help teens and their families gain a social, medical and historical understanding of ASD.



COMIC SENSE: A COMIC BOOK ON COMMON SENSE AND SOCIAL SKILLS FOR YOUNG PEOPLE WITH ASPERGER'S AND ADHD

by Nancy Mucklow

This author uses comics to reveal the hidden patterns behind social reasoning and helps the reader learn how to prioritize social cues, resulting in a perfect social skills tool for anyone who thinks in pictures.

Find it at the Library

YA 618.9285 POO

YA 618.9285 HON

Find it at the Library

YA 618.8588 TAB

J 618.9285 MUC



IT'S NOT A PERFECT WORLD, BUT I'LL TAKE IT: 50 LIFE LESSONS FOR TEENS LIKE ME WHO ARE KIND OF (YOU KNOW) AUTISTIC

by Jennifer Rose

Jennifer Rose, an autistic college student, sees the world a little differently than most people around her. She has had trouble coping with school, has struggled with bullies, but she has also achieved much in the face of adversity.



MARCELO IN THE REAL WORLD

by Francisco X. Stork

Marcelo Sandoval, a seventeen-year-old boy with high-functioning autism, faces new challenges, including romance and injustice, when he goes to work for his father in the mailroom of a corporate law firm.



THE PUBERTY VIDEO FOR BOYS WITH ASPERGER SYNDROME (AND AUTISM SPECTRUM DISORDER - LEVEL 1)

More than just a male and female anatomy lesson, this DVD also helps young men with social challenges understand how to interact positively with girls and women.

YA 362.1989 ROS

YA Fiction STO

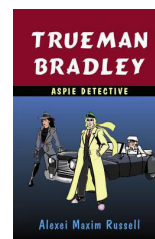
J DVD 612.661 PUB



THINGS I SHOULD HAVE KNOWN

by Claire Scovell LaZebnik

Chloe Mitchell's older sister, Ivy, is on the autism spectrum. Chloe decides Ivy could use a boyfriend, and already has someone in mind: Ethan Fields, a sweet, movie-obsessed boy from Ivy's special needs class. Ivy and Ethan aren't comfortable going out on their own so Chloe and his brother David have to tag along.



TRUEMAN BRADLEY, ASPIE DETECTIVE

by Alexei Maxim Russell

When Trueman Bradley, a genius detective with Asperger's Syndrome (ASD), moves to New York, hoping to fulfill his dream of becoming a private detective, he overcomes obstacles using his exceptional skills to become a great crime fighter!

YA Fiction LAZ

YA Paperback RUS

CEREBRAL PALSY & MUSCULAR DYSTROPHY



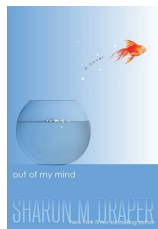
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LIFE HAPPENS NEXT

by Terry Trueman

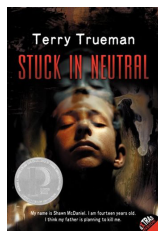
Shawn McDaniel, almost fifteen, cannot speak and has no control over his body due to severe cerebral palsy, but he forms a strong connection with his mother's cousin Debi, who has Down Syndrome and her dog Rusty.



OUT OF MY MIND

by Sharon M. Draper

Considered by many to be intellectually- challenged, a brilliant, impatient fifth-grader with cerebral palsy discovers a technological device that will allow her to speak for the first time.



STUCK IN NEUTRAL

by Terry Trueman

Shawn McDaniel, who has cerebral palsy, is glued to his wheelchair, unable to move a muscle voluntarily—he cannot even move his eyes. Within these pages, however, we meet a side of him that no one else has seen—a spirit that is rich beyond imagining, breathing life, despite his cerebral palsy.

DEPRESSION



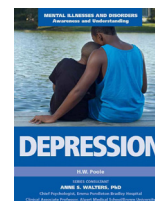
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BEYOND THE BLUES: A WORKBOOK TO HELP TEENS OVERCOME DEPRESSION

by Lisa M. Schab

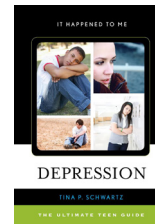
The activities in this book can help teens to cope with sad and difficult feelings, find new ways to make friends and deal with conflicts.



DEPRESSION

by Hilary W. Poole

For some people, sad feelings overtake everything else, leaving them hopeless and empty, resulting in depression. This book assists the reader with ways to fight depression, get treatment and feel better.



DEPRESSION: THE ULTIMATE TEEN GUIDE

by Tina P. Schwartz

A guide about depression for teens, which shares the personal stories of other young people who have endured various mood disorders, offering practical guidelines for recognizing the condition, managing its symptoms, and getting help.

Find it at the Library

YA Fiction TRU

YA Fiction DRA

YA Paperback TRU

Find it at the Library

YA 618.9285 SCH

YA 616.8527 POO

YA 616.8527 SCH

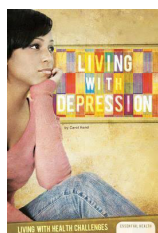
DEPRESSION



IT'S KIND OF A FUNNY STORY

by Ned Vizzini

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



LIVING WITH DEPRESSION

by Carol Hand

In order to help preteens and teenagers feel prepared for dealing with depression, this book covers topics such as causes, complications, diagnosis, treatment methods and coping strategies.

YA Paperbacks VIZ

YA 618.8527 HAN

DOWN SYNDROME



View this list at
goo.gl/YUEC3f



FASTEN YOUR SEATBELT: A CRASH COURSE ON DOWN SYNDROME FOR BROTHERS AND SISTERS

by Brian Skotko

Readers will learn about Downs, how it is detected, diagnosed, the current treatments, and challenges of the daily lives of individuals affected by Down syndrome.



INTELLECTUAL DISABILITIES

by Autumn Libal

As you read the story of Penelope Brown, a girl with Down Syndrome, you'll see Penelope struggle to overcome others ignorance and prejudice and you'll watch her as she learns to follow her dreams. Questions about children with intellectual challenges are answered.

Find it at the Library

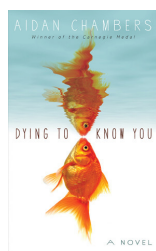
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YA 618.9285 LIB

DYSLEXIA

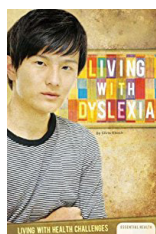


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DYING TO KNOW YOU *by Aidan Chambers*

Struggling through his dyslexia to try to fulfill his girlfriend Fiorella's request for a letter revealing his secret self, eighteen-year-old Karl asks Fiorella's favourite author for help, and he agrees only if Karl will submit to a series of interviews.



LIVING WITH DYSLEXIA *by Chris Eboch*

Paired with fictional stories, this book features medical expert advice on topics such as causes, risk factors, treatment and coping strategies, which will help preteens and teenagers feel prepared for dealing with their dyslexia during adolescence.



STRAVAGANZA: CITY OF SECRETS *by Mary Hoffman*

Seventeen-year-old Matt, painfully dyslexic and insecure, discovers that he can travel between worlds, transporting to Talia, where he joins Luciano and other Stravaganti in trying to prevent the di Chimici family's breakthrough into our world.

Find it at the Library

YA Fiction CHA

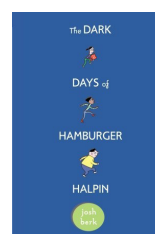
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YA Paperback HOF

HARD OF HEARING OR DEAF

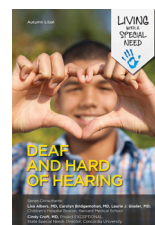


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THE DARK DAYS OF HAMBURGER HALPIN *by Josh Berk*

When Will Halpin transfers from his all-deaf school into a mainstream high school, he faces discrimination and bullying, but still manages to solve a mystery surrounding the death of a popular football player in his class.



DEAF AND HARD OF HEARING *by Autumn Libal*

In this book, you will read about Denzel, deaf at birth, who overcomes the challenges of communicating with others and does not use his deafness as a handicap to prevent him from enjoying life to the fullest.



TONE DEAF *by Olivia Rivers*

After accidentally winning a backstage tour with the band Tone Deaf, Ali, a child prodigy musician, who became deaf after a brain tumour, learns to love music again!

Find it at the Library

YA Paperback BER

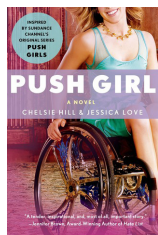
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YA Fiction RIV

MOBILITY CHALLENGES

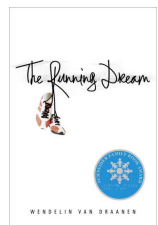


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goo.gl/QAuRgK



PUSH GIRL *by Chelsie Hill*

Kara, a popular high school junior with an amazing boyfriend, leaves a party angry and wakes up in a hospital bed, paralyzed from the waist down, forcing her to adjust to her new physical reality and learn that her friends are not who they seemed to be.



THE RUNNING DREAM *by Wendelin Van Draanen*

When a school bus accident leaves sixteen-year-old Jessica an amputee, she returns to school with a prosthetic limb and her track team finds a wonderful way to help rekindle her dream of running again.
Schneider Family Book Award Winner.

Find it at the Library

YA Fiction HIL

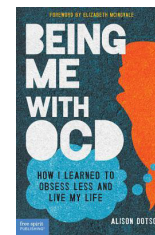
YA Paperback VAN

OCD

OBSESSIVE COMPULSIVE DISORDER

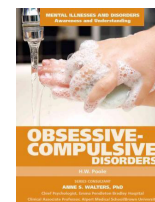


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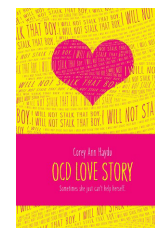
BEING ME WITH OCD: HOW I LEARNED TO OBSESS LESS AND LIVE MY LIFE *by Alison Dotson*

Part memoir, part self-help for teens, this book tells the story of how OCD affected the author and how she overcame it by getting help and learning how to live life to the fullest.



OBSESSIVE-COMPULSIVE DISORDER *by Hilary W. Poole*

Checking, counting or washing hands are symptoms of obsessive-compulsive disorder, which can leave people feeling helpless and out of control. Fortunately, there is treatment, discussed in this book, which is available for OCD to help these people regain control of their lives.



OCD LOVE STORY *by Corey Ann Haydu*

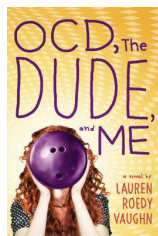
Bea felt almost normal with Beck, but things change when the psychotherapist, who has been helping her deal with past romantic relationships, puts her in a teen Obsessive-Compulsive Disorder group with him.

Find it at the Library

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YA 616.8522 POO

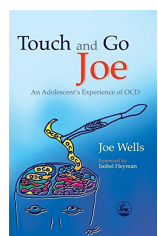
YA Fiction HAY



OCD, THE DUDE, AND ME

by Lauren Roedy Vaughn

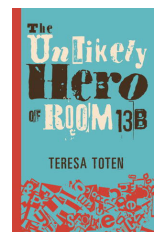
Danielle Levine, who has OCD, stands out even at her alternative high school for teens – in appearance and attitude – but when her scathing and sometimes raunchy English essays land her in a social skills class, she meets Danielle, another social misfit, who may break her resolve to keep everyone at arm's length.



TOUCH AND GO JOE: AN ADOLESCENT'S EXPERIENCE OF OCD

by Joe Wells

Sixteen-year-old Joe Wells tells the story of his battle with OCD, showing how he battled to overcome it through coping strategies, cognitive behaviour therapy and medication.



THE UNLIKELY HERO OF ROOM 13B

by Teresa Toten

When Adam meets Robyn at a support group for kids coping with Obsessive-Compulsive Disorder, he is attracted to her, but how can you have a “normal” relationship when you have a problem-filled life?



PERFECT ESCAPE

by Jennifer Brown

Seventeen-year-old Kendra, living in the shadow of her brother's Obsessive-Compulsive Disorder, takes a life-changing road trip with him.

SENSORY PROCESSING DISORDER



View this list at
goo.gl/B55vf1



BAKING FOR DAVE

by Melissa Palmer

Iris, a 15-year-old girl with Sensory Processing Disorder, travels across the United States to enter a baking contest, but ends up winning a bigger prize!

YA Fiction VAU

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YA Fiction BRO

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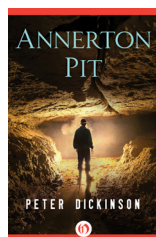
YA Paperback PAL

VISION

BLIND OR PARTIALLY SIGHTED



View this list at
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ANNERTON PIT by Peter Dickinson

After Jake's brother, Martin, receives a rejection letter from every college he applies for, he and his little brother Jake, who is blind, set out on a motorcycle adventure in search of their ghost-hunting grandfather.



BLINDNESS AND VISION IMPAIRMENT by Patricia Souder

Through reading about Kyla's vision impairment, teens will discover the possible causes of blindness and impaired vision, as well as techniques and services used to treat blindness, such as guide animals, white canes, Braille, and special summer camps.



LOVE BLIND by Christa Desir

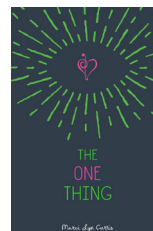
Shy high schooler Kyle Jamieson forms an unusual friendship with Hailey Bosler, a girl rocker with degenerative blindness; they partner together to tackle a bucket list of greatest fears and in the process discover the painful reality of bad timing.

VISION (BLIND OR PARTIALLY SIGHTED)



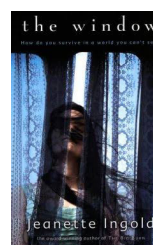
NOT IF I SEE YOU FIRST by Eric Lindstrom

Parker Grant, a blind high school student, learns to overcome her challenges, such as her dad's recent death, tries out for the track team and avoids her past when Scott, an old boyfriend, reappears.



THE ONE THING by Marci Lyn Curtis

After losing her sight six months ago, Maggie Sanders gets into trouble with her rebellious streak, until she meets a ten-year-old blind boy named Ben, who teaches her that losing her sight does not have to mean losing her dreams.



THE WINDOW by Jeanette Ingold

Mandy, who lost her sight in a terrible accident that killed her brother, now lives with a relative she does not know, attends a new school and tries to make friends – all the while struggling to function without sight. Until one day, she discovers a magical attic window in her room, which allows her to see and hear events of the past.

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YA Fiction DES

YA Paperback LIN

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YA Paperback ING



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