

### Other titles from 'All about You' collection

**Mind Maps for Kids: the shortcut to success at school** (J153.152)  
Tony Buzan

**Mum and Dad Glue** Kes Gray  
**I Feel Sad** (J155.412) Brian Moses

**1-2-3 Magic For Kids** (J649.64 - also an ebook) Thomas Phelan

**Think Good Feel Good: a cognitive behaviour therapy workbook for children and young people** (J616.891)  
Paul Stallard

### Titles you might like to try from the 'My Life' collection

**Finding a Way Through When Someone Close Has Died** (T155.937) Pat Mood

### Titles you might like to try from the 'Parent' collection

**Eating Disorders: a parents' guide** (618.928)  
Rachel Bryant-Waugh

**So Young, So Sad, So Listen** (618.928) Philip Graham

**Helping Children Cope with the Loss of a Loved One: a guide for grown ups** (155.937)  
William Kroen

**Talking Back to OCD: the program that helps kids and teens say 'no way' and parents say 'way to go'** (618.928)  
John March

**Coming out Asperger: diagnosis, disclosure and self-confidence** (616.858) Dinah Murray

**Surviving Your Adolescents: how to manage and let go of your 13-18 year olds** (649.125 - also an ebook) Thomas Phelan

**Helping Your Anxious Child: a step-by-step guide for parents** (618.928) Ronald Rapee

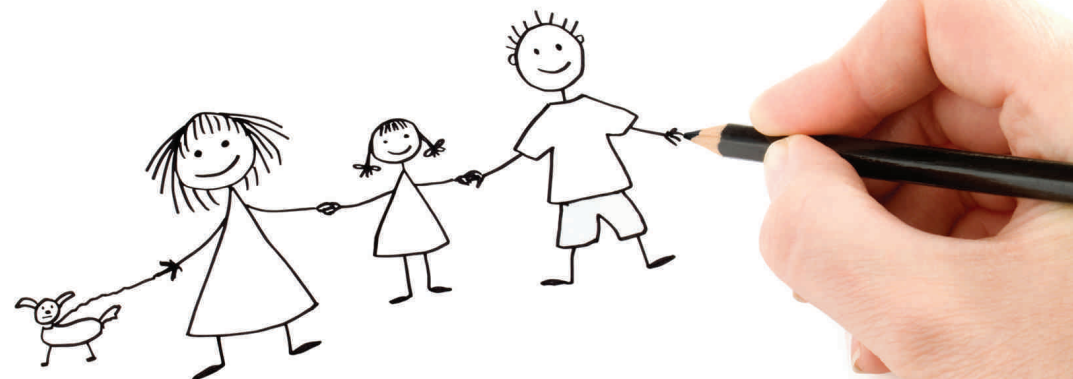
**A Volcano in My Tummy: helping children to handle anger : a resource book for parents, caregivers and teachers** (152.47)

If you need this information in another format or language  
please phone 0191 277 4100  
or email: [information@newcastle.gov.uk](mailto:information@newcastle.gov.uk)

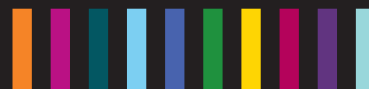


# All about you

Health and wellbeing books for children



Turn a new page



Newcastle Libraries

Newcastle  
City Council

The books below are for **children** and have been chosen with the help of Newcastle's Child and Adolescent Mental Health Services.

The books can be reserved online at [www.newcastle.gov.uk/allaboutyou](http://www.newcastle.gov.uk/allaboutyou) and can be found at a number of our libraries.

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**ADHD**

**Zak has ADHD** Jenny Leigh

**Learning to Slow Down and Pay Attention: a book for kids about ADHD** (J362.198) Kathleen Nadeau

**Putting on the Brakes: understanding and taking control of your ADD or ADHD** (J618.928) Patricia Quinn

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**Anger**

**I Feel Angry** (J155.412) Brian Moses

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**Asperger Syndrome and Autism**

**Asperger Syndrome, the Universe and Everything** (J618.928) Kenneth Hall

**Blue Bottle Mystery: an asperger adventure** Kathy Hoopmann

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**Bereavement**

**Badger's Parting Gifts** Susan Varley

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**Bullying**

**Bullies, Bigmouths and So-Called Friends** (J371.58) Jenny Alexander

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You will also find other titles on a range of health topics suitable for children, young people and adults in our library collections. Please see our online catalogue at [www.newcastle.gov.uk/libraries](http://www.newcastle.gov.uk/libraries)

You might also be interested in [www.healthybooks.org.uk](http://www.healthybooks.org.uk) a website that recommends children's books which deal with physical or emotional problems.

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**Self esteem**

**I Want Your Moo: a story for children about self-esteem** Marcella Bakur Weiner

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**Worry and Stress**

**What to Do When You Worry Too Much: a kid's guide to overcoming anxiety** (J618.928) Dawn Huebner

**The Huge Bag of Worries** Virginia Ironside

**I Feel Frightened** (J155.412) Brian Moses

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