

Recommended Reading on Body Image, Mental Health & Self-Esteem in Young People

List Compiled by Natasha Devon

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By Natasha

Coming April 2020 'Yes You Can: Ace Your Exams without Losing Your Mind' by Natasha Devon.
Pre-order here: <https://www.amazon.co.uk/Yes-You-Can-Without-Losing/dp/1529020735>

'A Beginner's Guide to Being Mental: An A-Z' by Natasha Devon:
<https://www.amazon.co.uk/Beginners-Guide-Being-Mental-Z/dp/1509882227>

'Fundamentals: A Guide for Parents & Teachers on Mental Health & Self-Esteem' by Natasha Devon and Lynn Crilly: <http://www.lynncrilly.co.uk/Fundamentals/BuyNow.aspx>

The Body Gossip book by Natasha Devon and Ruth Rogers: <http://www.amazon.co.uk/Body-Gossip-Book-Ruth-Rogers/dp/09565368>

Best for Teachers

'Out of Our Minds: Learning to be Creative' Sir Ken Robinsom
https://www.goodreads.com/book/show/77503.Out_of_Our_Minds

'The Psychodynamics of Social Networking' by Dr Aaron Balick
<https://www.waterstones.com/book/the-psychodynamics-of-social-networking/dr-aaron-balick/9781780490922>

'Self-Harm and Eating Disorders in Schools' by Dr Pooky Knightsmith:
<https://www.amazon.co.uk/Self-Harm-Eating-Disorders-Schools-Knightsmith/dp/184905584X/>

Best for Parents

'Teenagers' by David Bainbridge: <http://www.amazon.co.uk/Teenagers-Natural-History-David-Bainbridge/dp/1846271223>

'Inventing Ourselves – The Secret Life of the Teenage Brain' by Sarah-Jayne Blakemore:
<https://www.amazon.co.uk/Inventing-Ourselves-Secret-Teenage-Brain/dp/0857523708/>

'Hope with OCD' by Lynn Crilly: <https://www.amazon.co.uk/Hope-OCD-self-help-obsessive-compulsive-ebook/dp/B07B63NF25/>

Best for Young People

For 7-10 year olds:

'How Not to Lose It: Mental Health Sorted' by Anna Williamson <https://www.amazon.co.uk/How-Not-Lose-Mental-Health/dp/1407193147>

For Teenagers:

'We're All Mad Here': The No-Nonsense Guide to Living with Social Anxiety by Claire Eastham
<https://www.whsmith.co.uk/products/were-all-mad-here-the-no-nonsense-guide-to-living-with-social-anxiety/9781785920820>

'Open: A Toolkit for How Messed up Life Can Be' by Gemma Cairney:
<https://www.amazon.co.uk/Open-Toolkit-Magic-Messed-Life-ebook/dp/B01J3MWSNM/>

'Eat it Anyway: Fight the Food Fads, Beat Anxiety & Eat in Peace' by Eve Simmons & Laura Dennison
<https://www.amazon.co.uk/How-Feel-Fear-Eat-Anyway/dp/1784725803>

Mental Health – Great Reads for Everyone

'The Kindness Method: Changing Habits for Good' by Shahroo Izadi:
<https://www.amazon.co.uk/Kindness-Method-Changing-Habits-Good-ebook/dp/B0796YFRN1/>

'How to Disappear Completely: On Modern Anorexia' by Kelsey Osgood:
<http://www.amazon.co.uk/How-Disappear-Completely-Modern-Anorexia/dp/1468306685>

'Crazy Like Us' by Ethan Watters <https://www.goodreads.com/book/show/6402564-crazy-like-us>

'Reasons to Stay Alive' by Matt Haig: <https://www.amazon.co.uk/Reasons-Stay-Alive-Matt-Haig-ebook/dp/B00N7KZLSG/>

'Eat, Drink Run' by Bryony Gordon: <https://www.amazon.co.uk/Eat-Drink-Run-Without-Going-ebook/dp/B079NBM54X/>