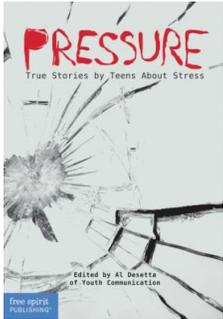


# Young Adult Titles on Stress and Bullying

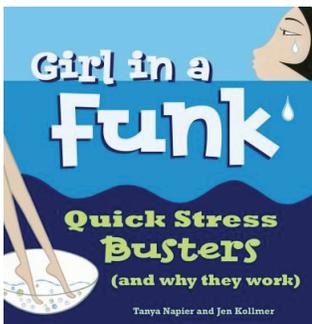
Selected for you by the Staff at Kingstowne Library



**Pressure: True Stories by Teens About Stress**  
by Al Desetta

Stress hits these teen writers from all angles; they're feeling the pressure at school, at home, and in their relationships. The young writers describe their stress relief techniques, including exercise, music, writing, and more. The collection includes tips for cooling down and inspiring examples of perseverance.

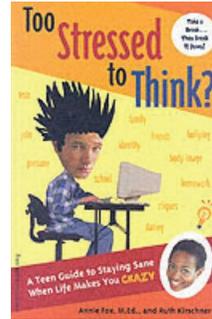
**Y155.5 P 2012**



**Girl in a Funk: Quick Stress Busters (and Why They Work)**  
by Tanya Napier

Stress? You've got it covered. Between full-time school, part-time jobs, and some-time boyfriends, your moods swing like mon-

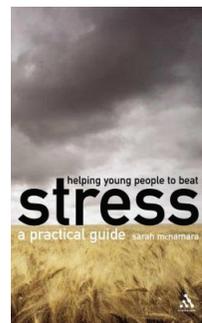
keys in the Amazon. But *Girl in a Funk* can help. With dozens of quick and easy ways to reduce your stress and stay on top of your game, this handy chill-out manual includes mental tricks, spa treatments, self-acupressure, breathing exercises, and loads of other natural remedies for feeling frazzled, fearful, or just plain frustrated. You'll also learn about the science of stress. **Y155.5 N 2007**



**Too Stressed to Think?: a Teen Guide to Staying Sane When Life Makes You Crazy**  
by Annie Fox

This book is packed with practical information and stress-lessening tools teens can use every day. Dozens of realistic scenarios describe stressful situations teen readers can

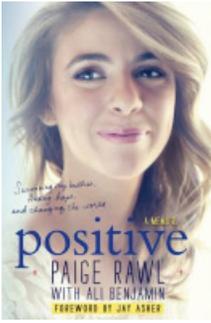
relate to. Each scenario is followed by a clear, understandable process for reducing or stopping the stress and making decisions that won't leave a teen lamenting, "What was I thinking?" Throughout, quotes from real teens remind readers that they're not alone – that stress affects everyone, but it doesn't have to ruin your life. Includes resources. **Y155.5 F 2005**



**Helping Young People to Beat Stress**  
by Sarah McNamara

Young people are experiencing more social and psychological problems than ever before. *Helping Young People to Beat Stress* is the essential guide to helping teenagers minimize stress in their lives, both at school

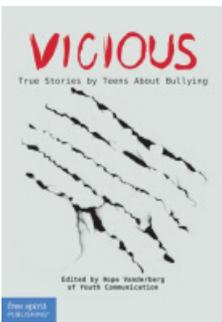
and at home. Sarah McNamara provides advice, information and techniques on mental and physical ways of coping with stress, study skills and time management, communication skills, and coping with depression and anxiety. This book should prove invaluable reading for everyone who works with teenagers. **155.5 M 2005**



***Positive: Surviving My Bullies, Finding Hope, and Living to Change the World: a Memoir***

**by Paige Rawl**

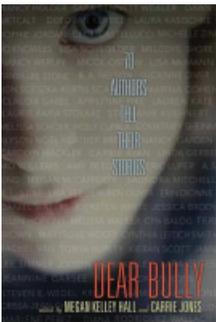
Paige Rawl was an ordinary girl. cheerleader, soccer player, honor roll student. One of the good kids at her middle school. Then, on an unremarkable day, Paige disclosed the one thing that made her 'different:' her HIV-positive status. It didn't matter that she was born with the disease or that her illness posed no danger to her classmates. Within hours, the bullying began. **YB RAWL 2014**



***Vicious: True Stories by Teens About Bullying***

**by Hope Vanderberg**  
Essays by teens address bullying: physical, verbal, relational, and cyber. These stories will appeal to readers because the cruelty and hurt are unmistakably real – and the reactions of the writers are

sometimes cringe-worthy, often admirable, and always believable. **Y302.343 V 2012**



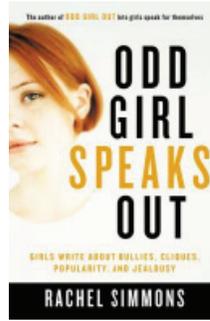
***Dear Bully: 70 Authors Tell Their Stories***

**by Megan Kelley Hall**

Today's top authors for teens come together to share their stories about bullying – as silent observers on the sidelines of high school, as victims, and as perpetrators – in a collection at turns moving and self-

effacing, but always deeply personal.

**Y302.343 D 2011**



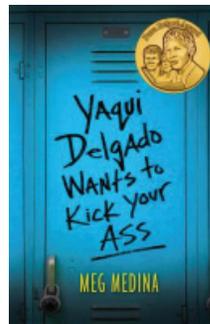
***Odd Girl Speaks Out: Girls Write About Bullies, Cliques, Popularity, and Jealousy***

**by Rachel Simmons**

Here, Rachel creates a safe place for girls to talk, rant, sound off, and find each other. The result is a collection of wonderful accounts of the inner lives of adolescent girls.

Candid and disarming, creative and expressive, and always exceptionally self-aware, these poems, songs, confessions, and essays form a journal of American girlhood. They show us how deeply cruelty flows and how strongly these girls want to change.

**302.343 S 2004**



***Yaqui Delgado Wants to Kick Your Ass***

**by Meg Medina**

In Meg Medina's compelling new novel, a Latina teen is targeted by a bully at her new school – and must discover resources she never knew she had. Winner of the 2014 Pura Belpré Author Award. Ebook ver-

sion is also available. **YFIC MED**