

Bibliotherapy Recommend Book Lists

Mood Boosting Books from 2012 by The Reading Agency: Titles are available on Amazon

The Beach Café by Lucy Diamond

This is the new novel from Lucy Diamond, every girl's best friend, and author of "Sweet Temptation". Evie Flynn has always been the black sheep of her family - a dreamer and a drifter, unlike her over-achieving elder sisters. She's tried making a name for herself as an actress, a photographer and a singer, but nothing has ever worked out. Now she's stuck in temp hell, with a sensible, pension-planning boyfriend. Somehow life seems to be passing her by. Then her beloved aunt Jo dies suddenly in a car crash, leaving Evie an unusual legacy - her precious beach cafe in Cornwall. Determined to make a success of something for the first time in her life, Evie heads off to Cornwall to get the cafe and her life back on track - and gets more than she bargained for, both in work and in love...

Being Human by Neil Astley

"Being Human" is the third book in the "Staying Alive" poetry trilogy. "Staying Alive" and its sequel "Being Alive" have introduced many thousands of new readers to contemporary poetry. "Being Human" is a companion volume to those two books - a world poetry anthology offering an even broader, international selection of 'real poems for unreal times'. The range of poetry here complements that of the first two anthologies: hundreds of thoughtful and passionate poems about living in the modern world; poems that touch the heart, stir the mind and fire the spirit; poems about being human, about love and loss, fear and longing, hurt and wonder. There are more great poems from the 20th century as well as many recent poems of rare imaginative power from the first decade of the 21st century.

The Big Over Easy by Jasper Fforde

Jasper Fforde's bestselling Thursday Next series has delighted readers of every genre with its literary derring-do and brilliant flights of fancy. In **The Big Over Easy**, Fforde takes a break from classic literature and tumbles into the seedy underbelly of nursery crime. Meet Inspector Jack Spratt, family man and head of the Nursery Crime Division. He's investigating the murder of ovoid D-class nursery celebrity Humpty Dumpty, found shattered to death beneath a wall in a shabby area of town. Yes, the big egg is down, and all those brittle pieces sitting in the morgue point to foul play.

Big Stone Gap by Adriana Trigiani

Millions of readers around the world have fallen in love with the small town of Big Stone Gap, nestled in the Blue Ridge Mountains of Virginia, and the story of its self-proclaimed spinster, Ave Maria Mulligan. In the series' enchanting debut, Ave Maria reaches her thirty-fifth year and resigns herself to the single life, filling her days with hard work, fun

friends, and good books. Then, one fateful day, Ave Maria's past opens wide with the revelation of a long-buried secret that will alter the course of her life.

Cider with Rosie by Laurie Lee

One of eight children, Laurie Lee was born in 1914, in Slad, Gloucestershire, then a remote corner of England. As his father was absent, the large family--five children from his father's first marriage and three from his second one was brought up by his capable mother. "We lived where he had left us; a relic of his provincial youth; a sprawling cumbersome, countrified brood too incongruous to carry with him; and I, for one, scarcely missed him. I was perfectly content in this world of women . . . bullied and tumbled through the hand-to-mouth days, patched or dressed-up, scolded, admired, swept off my feet in sudden passions of kisses, or dumped forgotten among the unwashed pots."

Couch Fiction by Philippa Perry

Ever wanted an insight into counseling? Or wished you could be a 'fly-on-the-wall' in a psychotherapy session? *Couch Fiction* allows you to peep through the key-hole of the therapy room door and, more than that, read the minds of the protagonists...

Based on a case study of Pat (our sandal-wearing, cat-loving psychotherapist) and her new client, James (an ambitious barrister with a potentially harmful habit he can't stop), this graphic novel follows the anxieties, frustrations, mind-wanderings and breakthroughs of each, through a year of therapy sessions together. Beautifully illustrated and accompanied by succinct and illuminating footnotes, this book offers a witty and thought-provoking exploration of the therapeutic journey, considering a range of skills, insights and techniques along the way.

Haroun and the Sea of Stories by Salman Rushdie

Hector and the Search for Happiness by Francois Lelord Set in an exotic Eastern landscape peopled by magicians and fantastic talking animals, Salman Rushdie's classic children's novel **Haroun and the Sea of Stories** inhabits the same imaginative space as **The Lord of the Rings**, **The Alchemist**, and **The Wizard of Oz**. In this captivating work of fantasy from the author of **Midnight's Children** and **The Enchantress of Florence**, Haroun sets out on an adventure to restore the poisoned source of the sea of stories. On the way, he encounters many foes, all intent on draining the sea of all its storytelling powers.

"Though there is darkness and silence at the center of Chup, most of *Haroun and the Sea of Stories* is full of comic energy and lively verbal invention. . . Though [the book] is sure to be enjoyed by children, it also contains amusements for adults." --
The New York Times

Life According to Lubka by Laurie Graham

Review not available.

Life with the Lid Off by Nicola Hodgkinson

Like many women after a divorce, Nicola Hodgkinson found herself facing a stark reality. With three young children to raise, a ramshackle cottage by the sea she had a choice: to wallow in self pity or pull herself together and get on with it. She chose the latter. And with her choice came the decision to embrace a more casual approach to parenting, convinced as she was that fresh air, a positive outlook and the freedom to learn from mistakes would be good for the whole family. And so life with the lid off, began. This is a book about all the magic, and the chaos, of family existence. Steering her way through village life, Nicola discovers the hazards that solo domesticity can bring, from a disgraced cat sailing through the window into a jam-and-scone cottage tea sale, to a car which acquires a resident mouse. Constantly surrounded by a haphazard menagerie, along the way we meet a spirit donkey, a pig with empty-nest syndrome

A Little History of the World by E. H. Gombrich

In 'A Little History of the World' Ernst Gombrich tells the story of man from the stone age to the atomic bomb. There emerges a colourful picture of wars and conquests, grand works of art, the spread and limitations of science and tribes evolving towards society.

Major Pettigrew's Last Stand by Helen Simonson

In the small village of Edgecombe St. Mary in the English countryside lives Major Ernest Pettigrew (retired), the unlikely hero of Helen Simonson's wondrous debut. Wry, courtly, opinionated, and completely endearing, the Major leads a quiet life valuing the proper things that Englishmen have lived by for generations: honor, duty, decorum, and a properly brewed cup of tea. But then his brother's death sparks an unexpected friendship with Mrs. Jasmina Ali, the Pakistani shopkeeper from the village. Drawn together by their shared love of literature and the loss of their spouses, the Major and Mrs. Ali soon find their friendship blossoming into something more. But village society insists on embracing him as the quintessential local and regarding her as the permanent foreigner. Can their relationship survive the risks one takes when pursuing happiness in the face of culture and tradition?

Notes from a Small Island by Bill Bryson

Before *New York Times* bestselling author Bill Bryson wrote *The Road to Little Dribbling*, he took this delightfully irreverent jaunt around the unparalleled floating nation of Great Britain, which has produced zebra crossings, Shakespeare, Twiggie Winkie's Farm, and places with names like Farleigh Wallop and Titsey.

Prodigal Summer by Barbara Kingsolver

Barbara Kingsolver's fifth novel is a hymn to wildness that celebrates the prodigal spirit of human nature, and of nature itself. It weaves together three stories of human love within a larger tapestry of lives amid the mountains and farms of southern Appalachia. Over the course of one humid summer, this novel's intriguing protagonists face disparate predicaments but find connections to one another and to the flora and fauna with which they necessarily share a place.

The Pursuit of Love by Nancy Mitford

Nancy Mitford's most enduringly popular novel, *The Pursuit of Love* is a classic comedy about growing up and falling in love among the privileged and eccentric.

Mitford modeled her characters on her own famously unconventional family. We are introduced to the Radletts through the eyes of their cousin Fanny, who stays with them at Alconleigh, their Gloucestershire estate. Uncle Matthew is the blustering patriarch, known to hunt his children when foxes are scarce; Aunt Sadie is the vague but doting mother; and the seven Radlett children, despite the delights of their unusual childhood, are recklessly eager to grow up. The first of three novels featuring these characters, *The Pursuit of Love* follows the travails of Linda, the most beautiful and wayward Radlett daughter, who falls first for a stuffy Tory politician, then an ardent Communist, and finally a French duke named Fabrice.

Smoke and Mirrors by Neil Gaiman

In the deft hands of Neil Gaiman, magic is no mere illusion . . . and anything is possible. In *Smoke and Mirrors*, Gaiman's imagination and supreme artistry transform a mundane world into a place of terrible wonders—where an old woman can purchase the Holy Grail at a thrift store, where assassins advertise their services in the Yellow Pages under "Pest Control," and where a frightened young boy must barter for his life with a mean-spirited troll living beneath a bridge by the railroad tracks. Explore a new reality, obscured by smoke and darkness yet brilliantly tangible, in this extraordinary collection of short works by a master prestidigitator. It will dazzle your senses, touch your heart, and haunt your dreams.

A Spot of Bother by Mark Haddon

A Washington Post Best Book of the Year, A Spot of Bother is Mark Haddon's unforgettable follow-up to the internationally beloved bestseller *The Curious Incident of the Dog in the Night-Time*. At sixty-one, George Hall is settling down to a comfortable retirement. When his tempestuous daughter, Katie, announces that she is getting married to the deeply inappropriate Ray, the Hall family is thrown into a tizzy. Unnoticed in the uproar, George discovers a sinister lesion on his hip, and quietly begins to lose his mind. As parents and children fall apart and come together, Haddon paints a disturbing yet amusing portrait of a dignified man trying to go insane politely.

That Awkward Age by Roger McGough

From laundrettes to contact lenses, Paul McCartney's trousers to plane crashes, McGough guides us through the pitfalls and idiosyncrasies of our illogical and unexciting lives, and finds the humour and drama hidden within. This new collection has a bonus section: in a series of wonderfully funny poems, responding to Carol Ann Duffy's *The World's Wife* McGough gives voice to a number of forgotten and longsuffering male figures: Lord Godiva, Mr Sappho, Mr Blyton, etc Presenter of Radio 4's Poetry Please and Britain's foremost popular poet, McGough brings us this happy collision of life, language and imagination with his unique and witty wordplay. His recent adaptation of *The Hypochondriac* playing at the Liverpool Playhouse has had fantastic reviews where, as with all his writing, McGough "produces that rare sound, an audience rocking to rhyme" (Susannah Clapp, Observer)

To the Moon and Back by Jill Mansell

The hardest part of love is moving on...

It's been a year since **Ellie Kendall**'s husband, **Jamie**, was killed in an accident, but she's still grieving. In fact, she finds herself talking to him regularly.

At the urging of Jamie's successful actor father Tony, Ellie moves to London's glamorous **Primrose Hill**, where nobody knows her past...

But even in her new home-and with her hardworking new boss, **Zack McLaren**, and Jamie's best friend **Todd** to distract her-Ellie can't seem to leave Jamie behind.

Will Ellie let her grief and her past consume her? **Or will she realize the man of her dreams is flesh and blood-and right in front of her eyes...**

British women's fiction and a great romantic book, *To The Moon and Back* has a wonderful cast of supporting characters and tender romance.

Trouble on the Heath by Terry Jones

A comedy of Russian gangsters, town planners and a dog called Nigel. Malcolm Thomas is not happy. The view he loves is about to be blocked by an ugly building. He decides to take action and forms a protest group. Then things go badly wrong and Malcolm finds himself running for his life. Along the way he gets mixed up with corrupt town planners, violent gangsters, and a kidnapped concert pianist. Malcolm starts to wonder if objecting to the building was such a good idea when he finds himself upside down with a gun in his mouth. This hilarious story from Monty Python star, Terry Jones, will make you laugh out loud.

A Winter Book by Tove Jansson

A book collection of some of Tove Jansson's best loved and most famous stories. Drawn from youth and older age, and spanning most of the twentieth century, this newly translated selection provides a thrilling showcase of the great Finnish writer's prose, scattered with insights and home truths.

Stop What You're Doing and Read This - Various contributors

Tales of the City by Armistead Maupin

For almost four decades Armistead Maupin's *Tales of the City* has blazed its own trail through popular culture—from a groundbreaking newspaper serial to a classic novel, to a television event that entranced millions around the world. The first of nine novels about the denizens of the mythic apartment house at 28 Barbary Lane, *Tales* is both a sparkling comedy of manners and an indelible portrait of an era that changed forever the way we live.

Waterlog by Roger Deakin

The Secret Garden by Frances Hodgson Burnett

In what is certainly the most beautiful full color edition of this acknowledged childrens' classic we come to know (and eventually love) Mary Lennox, the spoiled and sullen orphan sent to the dour moors of Yorkshire to be magically transformed by the powers of nature, young Dicken, and the discovery of a secret, walled garden. This is a book that should be in the library of every child

Bibliotherapy Recommend Book Lists

Books on and dealing with depression: Titles available on Goodreads

Meditations (Paperback)

by Marcus Aurelius

Penguin's Poems for Life (Hardcover)

by Laura Barber

The Elegance of the Hedgehog (Paperback)

by Muriel Barbery

Fun Home: A Family Tragicomic (Paperback)

by Alison Bechdel

Notes from a Small Island (Paperback)

by Bill Bryson

The Perks of Being a Wallflower (Paperback)

by Stephen Chbosky

Matilda (Paperback)

by Roald Dahl

How Proust Can Change Your Life (Paperback)

by Alain de Botton

The Little Prince (Paperback)

by Antoine de Saint-Exupéry (Author/Illustrator)

Life Lessons from Kierkegaard (Paperback)

by Robert Ferguson

Love in the Time of Cholera (Paperback)

by Gabriel García Márquez

High Fidelity (Paperback)

by Nick Hornby

Tolstoy Therapy: A Fiction Prescription (Kindle Edition)

by Lucy Horner

A Guide to the Good Life: The Ancient Art of Stoic Joy (Hardcover)

by William B. Irvine (shelved 1 time as *bibliotherapy-depression*)

The Unbearable Lightness of Being (Paperback)
by Milan Kundera

Buddhism for Busy People: Finding Happiness in an Uncertain World (Paperback)
by David Michie

If Nobody Speaks of Remarkable Things (Paperback)
by Jon McGregor

Speak, Memory (Paperback)
by Vladimir Nabokov

Simple Pleasures: Little Things That Make Life Worth Living (Hardcover)
by National Trust Hist Pres

Ariel (Paperback)
by Sylvia Plath

The Silver Linings Playbook (Paperback)
by Matthew Quick

The God of Small Things (Hardcover)
by Arundhati Roy

Tolstoy and the Purple Chair: My Year of Magical Reading (Hardcover)
by Nina Sankovitch

The Cat in the Hat (Hardcover)
by Dr. Seuss

The Guernsey Literary and Potato Peel Pie Society (Hardcover)
by Mary Ann Shaffer

Selected Poems Of Edward Thomas (Poet To Poet)
by Edward Thomas

The Solitary Summer (Paperback)
by Elizabeth von Arnim

Elizabeth and Her German Garden (Hardcover)
by Elizabeth von Arnim

Night (The Night Trilogy, #1)
by Elie Wiesel

When God was a Rabbit (Hardcover)
by Sarah Winman

Lord Emsworth Acts for the Best (Paperback)
by P.G. Wodehouse

The Waves (Paperback)
by Virginia Woolf

Mrs. Dalloway (Hardcover)
by Virginia Woolf

The Book Thief (Hardcover)
by Markus Zusak