**Non-Fiction**

You Are Your Best Thing  
By Burke and Brown  
152.4 BUR  
The editors bring together a dynamic group of Black writers, organizers, artists, academics and cultural figures to discuss vulnerability and shame resilience.

Nobody's Normal  
By Roy Grinker  
616.89 GRI  
A examination of evolving attitudes toward mental illness throughout history and the fight to end the stigma.

Hola Papi  
By John Paul Brammer  
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Popular LGBTQ advice columnist and writer John Paul Brammer, provides advice and reflects on his own mental health journey.

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**Nobody Knows the Trouble I've Seen**  
By Inger Burnett-Zeigler  
616.89 BUR  
A Northwestern University phycologist writes to provide a framework for healing and mental health specifically for Black women.

**Life Inside My Mind**  
TEEN 616.89 BUR  
Authors share their own struggles with mental illness, ranging from such topics as neurodiversity and addiction to OCD and PTSD.

**Rising Strong**  
By Brené Brown  
158 BRO  
Brown discusses vulnerability, shame and the journey to bravery.

**Wow No Thank You**  
By Samantha Irby  
814.6 IRB  
Irby’s essays highlight the ups and downs of aging, marriage and living with step-children in small-town Michigan.

**Dutiful Boy**  
By Mohsin Zaidi  
306 ZAI  
A coming of age memoir about growing up gay and gaining acceptance in a Pakistani family.

**Minor Feelings**  
By Cathy Park Hong  
305.489 HON  
Poet and essayist Cathy Park Hong confronts thorny subjects, blending memoir, cultural criticism, and history.

**Shook One**  
By Charlamagne  
152.4 THA  
Shook One details the Charlamagne’s mental health journey and life with anxiety.

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Fiction

Olga Dies Dreaming
By Xochitl Gonzalez
F GONZALEZ Xochitl
A story that examines political corruption, familial strife and the very notion of the American dream—all while asking what it really means to weather a storm.

Elanor Oliphant is Completely Fine
By Gail Honeyman
F HONEYMAN Gail
Elanor loves self-imposed rules. But an unexpected event leads her to forge two unlikely friendships and question her current life trajectory.

Darius the Great is Not Ok
By Adib Khorram
TEEN KHORRAM
Darius Kellner travels to Iran to meet his grandparents, but it is their next-door neighbor, who changes his life.

Everyone in This Room Will Someday Be Dead
By Emily Austin
F AUSTIN Emily
A morbidly anxious woman stumbles into a job at a Catholic church and becomes obsessed with a mysterious death.

Queenie
By Candice Carty-Williams
F CARTY-WILLIAMS
After a messy break up from her long-term boyfriend, Queenie seeks comfort in all the wrong places.

I wish You All the Best
By Mason Deaver
TEEN DEAVER
Thrown out of their parents' home and moving in with their estranged sister after coming out as nonbinary, Ben De Backer struggles to find acceptance in a story about found friendship, family and love.

Open Water
By Caleb Azumah Nelson
F NELSON Caleb
A novel about two young Black artists in London falling in and out of love through the exploration of generational trauma and mental health.

Calling For a Blanket Dance
By Oscar Hokeah
F HOKEAH Oscar
A young Native American boy in a splintering family grasps for stability and love, making all the wrong choices until he finds a space of his own.

The Midnight Library
By Matt Haig
SF HAIG Matt
Nora Seed finds herself faced with the possibility of changing her life for a new one she must search within herself as she travels through the Midnight Library to decide what is truly fulfilling in life.

A Monster Calls
By Patrick Ness
TEEN NESS
As Conor watches his mother succumb to cancer, Conor awakens one night to find a monster outside his bedroom window.

Opium and Absinthe
By Lydia Kang
F KANG Lydia
Kang's bustling, inspired historical mystery tackles drug addiction, vampirism, and deficiencies of medicine in New York at the end of the 19th century.

The Last White Man
By Mohsin Hamid
F HAMID Mohsin
A story of finding love, processing loss—both global and personal, and rediscovery in a time of unsettling change.

You Made a Fool of Death With Your Beauty
By Akwaeke Emezi
F EMEZI Akwaeke
A young woman seeking joy while healing from loss, Feyi Adekola wants to learn how to be alive again. How far is she willing to go for a second chance at love?