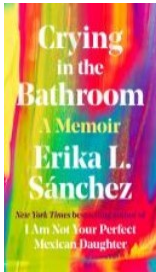


## Non-Fiction

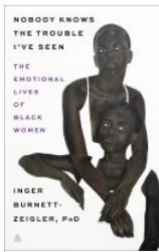
### **Crying in the Bathroom**

By Erika Sánchez  
921 *SANCHEZ*  
Sánchez shares the triumphs, delights, disappointments, and resurrections of her life in this memoir in essays.



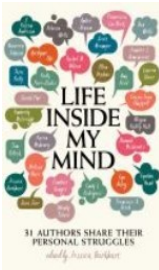
### **Nobody Knows the Trouble I've Seen**

By Inger Burnett-Zeigler  
616.89 *BUR*  
A Northwestern University psychologist writes to provide a framework for healing and mental health specifically for Black women.



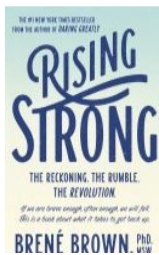
### **Life Inside My Mind**

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



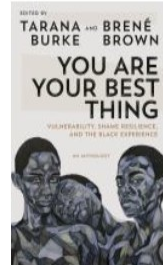
### **Rising Strong**

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



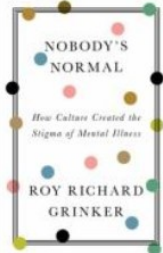
### **You Are Your Best Thing**

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.



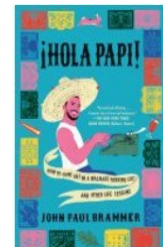
### **Nobody's Normal**

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  
306.76 *BRA*  
Popular LGBTQ advice columnist and writer John Paul Brammer, provides advice and reflects on his own mental health journey.



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A member of the South Central Library System

## Oregon Public Library Book Recommendations Created by staff



## MENTAL HEALTH



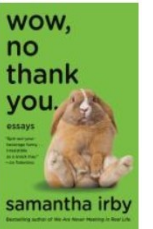
## HIGHLIGHTING AUTHORS IN OUR COLLECTION

[oregonpubliclibrary.org](http://oregonpubliclibrary.org)

Updated 09/22

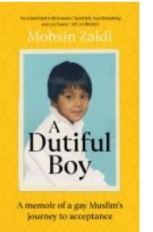
### **Wow No Thank You**

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.



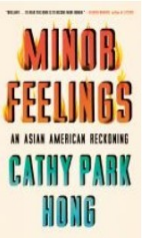
### **Dutiful Boy**

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



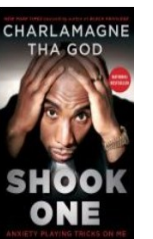
### **Minor Feelings**

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.



## FIND MORE GREAT READS!

[oregonpubliclibrary.org/adult/  
recommendations](http://oregonpubliclibrary.org/adult/recommendations)

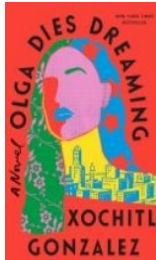
## Fiction

### 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 .

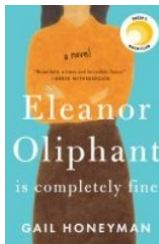


### Elanor Oliphant is Completely Fine

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.

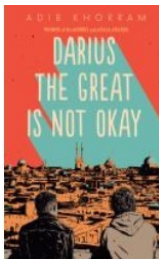


### Darius the Great is Not Ok

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.

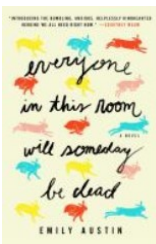


### Everyone in This Room Will Someday Be Dead

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.

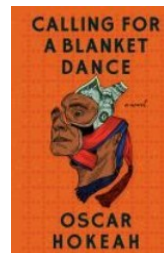


### Calling For a Blanket Dance

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.

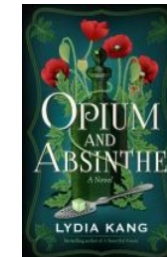


### Opium and Absinthe

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*

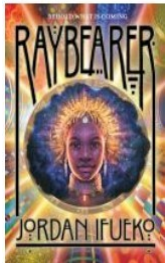
A story of finding love, processing loss- both global and personal, and rediscovery in a time of unsettling change.



### Raybearer

By Jordan Ifueko

Raised in isolation, Tarisai yearns for the closeness she could have as one of the Crown Prince's Council of 11, but her mother, The Lady, has magically compelled Tarisai to kill the Crown Prince.



### The Heart Principle

By Helen Hoang

*F HOANG Helen*

A woman struggling with burnout learns to embrace the unexpected- and the man she enlists to help her.



### Getting His Game Back

By Gia De Cadenet

*F DE CADENET Gia*

A romance about a man struggling to be his perfect self and a woman who is ready to break her "rules" for him.



### 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?

