

Book List

The Resilience
Rucksack
project®

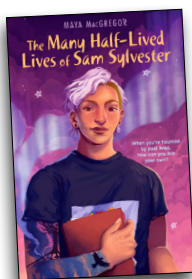


● **Resilience** – being able to cope, or find help, when things get tough.

● **Wellbeing** – feeling ok, healthy, and safe, or doing well and feeling good.

A book list to explore themes of mental health, wellbeing and resilience from the team at Edinburgh International Book Festival.

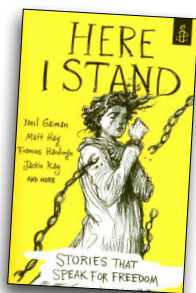
The Many Half-Lived Lives of Sam Sylvester by Maya McGregor



Sam's special interest is the cases of teenagers who died before they turned nineteen. When they move to a new town with their Dad, they know they're going to have to navigate a new school, but they don't expect to be thrown into a mystery they've studied for years. This queer contemporary YA mystery explores healing and the joy in living a full life.

Here I Stand by Chris Riddell

The world is changing quickly, and it's more important than ever to stand up what you believe in. This inspiring and thought-provoking collection of short stories and poems is for teens with a conscience, looking at human rights issues facing young people today. A dynamic title exploring human rights and what it means to use compassion to speak for freedom, solidarity and activism.

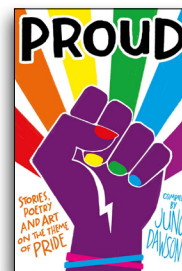


Needle by Patrice Lawrence



A powerful exploration of a teenager's journey through grief, rage and the harshness of the criminal justice system. Charlene adores knitting, but when her foster mum's son destroys a blanket she's knitting for her sister, Charlene loses her temper. From that incident unravels a story of the failures of foster care and the justice system, that's full of compassion and empathy.

Proud compiled by Juno Dawson



This powerful anthology of LGBTQ+ stories and poems compiled by Juno Dawson shares unique responses to the broad theme of pride. Sure to bring every emotion to the surface, from laughs and tears to relatable and unique experiences. The collection is told with real heart and passion, with an uplifting, compassionate look to community.

Solitaire by Alice Oseman

From the creator of the Heartstopper comics comes the story of Tori Spring, Charlie's sister. Tori is pessimistic, and keeps mostly to herself and is coping with undiagnosed depression. Then she meets Michael Holden, a young boy who is angry at everything, and it feels like they are each exactly the person the other one needs. An original and relatable read for young people everywhere, handling family, identity and emotions with wit and heart.



Starfish by Akemi Dawn Bowman

Kiko has always found it hard to say what she means and how she really feels. Struggling with anxiety and believing in herself, Kiko keeps her head down and dreams of getting into art school. But when this doesn't happen, Kiko finds a new path for herself, reconnecting with an old school friend and taking a leap into the unknown despite her fear and anxiety telling her otherwise. This is a simultaneously heartbreaking and uplifting story of self-acceptance and understanding.



