



**Titles Available in OverDrive/Libby or as E-Books Relevant to Mental Health Awareness Month**

**Thank you to our Public Library Staff for putting together this Resource List Available to Fairfield Residents!**

**Information on how to access a library card for Fairfield residents is at the bottom of the list below**

### For Adults

Title	Author
10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works—A True Story	Dan Harris
12 Rules for Life: An Antidote to Chaos	Jordan B. Peterson
13 Things Mentally Strong People Don't Do: Take Back Your Power, Embrace Change, Face Your Fears, and Train Your Brain for Happiness and Success (unabridged)	Amy Morin, Amy Morin
9 Days to Feel Fantastic	John Whiteman
A Child Called It: One Child's Courage to Survive	Dave Pelzer
A Curious Mind: The Secret to a Bigger Life (unabridged)	Brian Grazer, Charles Fishman, Norbert Leo Butz, Brian Grazer
A New Way to Age: The Most Cutting-Edge Advances in Antiaging	Suzanne Somers
Almost Everything: Notes on Hope	Anne Lamott
And Never Stop Dancing: Thirty More True Things You Need to Know Now	Gordon Livingston
Battle Hymn of the Tiger Mother	Amy Chua
Becoming Supernatural: How Common People are Doing the Uncommon	Dr. Joe Dispenza

Title	Author
Better Than Before: What I Learned About Making and Breaking Habits—to Sleep More, Quit Sugar, Procrastinate Less, and Generally Build a Happier Life	Gretchen Rubin
Big Magic: Creative Living Beyond Fear (unabridged)	Elizabeth Gilbert, Elizabeth Gilbert
Blackout: Remembering the Things I Drank to Forget	Sarah Hepola
Blah Blah Blah: What To Do When Words Don't Work	Dan Roam
Blue Nights	Joan Didion
Books for Living	Will Schwalbe
Bored and Brilliant: How Spacing Out Can Unlock Your Most Productive and Creative Self	Manoush Zomorodi
Brain Rules: 12 Principles for Surviving and Thriving at Work, Home, and School	John Medina
Calm the F*ck Down: How to Control What You Can and Accept What You Can't So You Can Stop Freaking Out and Get On With Your Life	Sarah Knight
Change Your Brain, Change Your Body: Use Your Brain to Get and Keep the Body You Have Always Wanted	Daniel G. Amen, M.D.
Chicken Soup for the Soul: Stories to Open the Heart and Rekindle the Spirit	Jack Canfield, Mark Victor Hansen
Congratulations, by the way: Some Thoughts on Kindness	George Saunders
Contagious Optimism: Uplifting Stories and Motivational Advice for Positive Forward Thinking (unabridged)	David Mezzapelle, Daniel Tully, Marshall Goldsmith, David Kelly, Terri McMahon
Craving: Why We Can't Seem to Get Enough	Omar Manejwala
Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead (unabridged)	Brené Brown, Brené Brown
Decluttering at the Speed of Life: Winning Your Never-Ending Battle with Stuff	Dana K. White
Designing Your Work Life: How to Thrive and Change and Find Happiness at Work (unabridged)	Bill Burnett, Dave Evans, Bill Burnett, Dave Evans
Do Nothing: How to Break Away from Overworking, Overdoing, and Underliving (unabridged)	Celeste Headlee, Celeste Headlee
Don't Give Up, Don't Give In: Lessons from an Extraordinary Life	Louis Zamperini, David Rensin
Don't Just Sit There!: 44 Insights to Get Your Meditation Practice Off the Cushion and Into the Real World (unabridged)	Biet Simkin, Biet Simkin

Title	Author
Don't Overthink It: Make Easier Decisions, Stop Second-Guessing, and Bring More Joy to Your Life	Anne Bogel
Dream New Dreams: Reimagining My Life After Loss	Jai Pausch
Eat Move Sleep: How Small Choices Lead to Big Changes	Tom Rath
Eat, Pray, Love: One Woman's Search for Everything Across Italy, India and Indonesia	Elizabeth Gilbert
Educated: A Memoir	Tara Westover
Enchantment: The Art of Changing Hearts, Minds, and Actions	Guy Kawasaki
Enjoy Every Sandwich: Living Each Day as If It Were Your Last	Lee Lipsenthal, Dean Ornish
Fair Play: A Game-Changing Solution for When You Have Too Much to Do (and More Life to Live)	Eve Rodsky
Fair Play: A Game-Changing Solution for When You Have Too Much to Do (and More Life to Live) (unabridged)	Eve Rodsky, Eve Rodsky
Falling Backwards: A Memoir	Jann Arden
Finding Meaning: The Sixth Stage of Grief (unabridged)	David Kessler, David Kessler
Getting Back Out There: Secrets to Successful Dating and Finding Real Love after the Big Breakup	Susan J. Elliott
Girl, Wash Your Face: Stop Believing the Lies About Who You Are so You Can Become Who You Were Meant to Be	Rachel Hollis
Grit: The Power of Passion and Perseverance	Angela Duckworth
Grit: The Power of Passion and Perseverance (unabridged)	Angela Duckworth, Angela Duckworth
Hallelujah Anyway: Rediscovering Mercy	Anne Lamott
Hallucinations	Oliver Sacks
Happier at Home: Kiss More, Jump More, Abandon Self-Control, and My Other Experiments in Everyday Life	Gretchen Rubin
Happiness in This Life: A Passionate Meditation on Earthly Existence	Pope Francis, Oonagh Stransky
Healing Grief, Finding Peace: 101 Ways to Cope with the Death of Your Loved One	Louis LaGrand

Title	Author
Helping Your Anxious Child: A Step-by-Step Guide for Parents	Ronald Rapee, Ann Wignall, Susan Spence, Heidi Lyneham, Vanessa Cobham
Hidden Valley Road: Inside the Mind of an American Family	Robert Kolker
Hold On, But Don't Hold Still: Hope and Humor from My Seriously Flawed Life	Kristina Kuzmic
How to Be Fine: What We Learned by Living by the Rules of 50 Self-Help Books (unabridged)	Jolenta Greenberg, Kristen Meinzer, Jolenta Greenberg, Kristen Meinzer
How to Change Your Mind: What the New Science of Psychedelics Teaches Us About Consciousness, Dying, Addiction, Depression, and Transcendence	Michael Pollan
How to Meditate: A Practical Guide to Making Friends with Your Mind	Pema Chödrön
How to Talk So Kids Will Listen & Listen So Kids Will Talk	Adele Faber, Elaine Mazlish, Susan Bennett
I Miss You When I Blink: Essays (unabridged)	Mary Laura Philpott, Mary Laura Philpott
Incognito: The Secret Lives of the Brain	David Eagleman
I've Been Thinking . . . : Reflections, Prayers, and Meditations for a Meaningful Life	Maria Shriver
Joy at Work: Organizing Your Professional Life (unabridged)	Marie Kondo, Scott Sonenshein, Dan Woren, Brittany Ishibashi
Lagom: The Swedish Art of Balanced Living	Linnea Dunne
Learn to Meditate Metta Bhavana: 2 guided audio meditation sessions. (unabridged)	Rae Roberts
Learn to Meditate: The Mindfulness of Breathing: 2 X 35 minute guided audio meditation sessions (unabridged)	Rae Roberts
Life Will Be the Death of Me: . . . and you too!	Chelsea Handler
Lift	Kelly Corrigan
Make Your Bed: Little Things That Can Change Your Life...And Maybe the World (unabridged)	Admiral William H. McRaven, Admiral William H. McRaven
Mind Over Medicine	Lissa Rankin, M.D.
My Age of Anxiety: Fear, Hope, Dread, and the Search for Peace of Mind	Scott Stossel
No Turning Back: One Man's Inspiring True Story of Courage, Determination, and Hope	Bryan Anderson, David Mack
On Being Human: A Memoir of Waking Up, Living Real, and Listening Hard	Jennifer Pastiloff, Lidia Yuknavitch

Title	Author
On My Own	Diane Rehm, Diane Rehm
Option B: Facing Adversity, Building Resilience, and Finding Joy	Sheryl Sandberg, Adam Grant
Outliers: The Story of Success	Malcolm Gladwell
Quiet: The Power of Introverts in a World That Can't Stop Talking	Susan Cain
Reclaiming Conversation: The Power of Talk in a Digital Age	Sherry Turkle
Resilience: How Your Inner Strength Can Set You Free from the Past (unabridged)	Boris Cyrulink, Don Hagen
Resilience: Two Sisters and a Story of Mental Illness (unabridged)	Jessie Close, Pete Earley, Glenn Close
Rising Strong: How the Ability to Reset Transforms the Way We Live, Love, Parent, and Lead	Brené Brown
Running with Sherman: The Donkey with the Heart of a Hero	Christopher McDougall
Show Your Work!: 10 Ways to Share Your Creativity and Get Discovered	Austin Kleon
Smarter Faster Better: The Secrets of Being Productive in Life and Business (unabridged)	Charles Duhigg, Mike Chamberlain
So You've Been Publicly Shamed	Jon Ronson
Solitude: In Pursuit of a Singular Life in a Crowded World	Michael Harris
Stuffology 101: Get Your Mind out of the Clutter (unabridged)	Brenda Avadian, Eric M. Riddle, Susan Boyce, Lloyd James
Survival Lessons	Alice Hoffman
Tell Me More: Stories About the 12 Hardest Things I'm Learning to Say	Kelly Corrigan
Tell Me More: Stories About the 12 Hardest Things I'm Learning to Say (unabridged)	Kelly Corrigan, Kelly Corrigan
The \$60,000 Dog: My Life with Animals	Lauren Slater
The 10 Habits of Happy Mothers: Reclaiming Our Passion, Purpose, and Sanity	Meg Meeker
The 7 Habits of Highly Effective People	Stephen R. Covey, Stephen R. Covey
The Aging Brain: Proven Steps to Prevent Dementia and Sharpen Your Mind	Jennings
The Amazing Power of Deliberate Intent	Esther Hicks, Jerry Hicks
The Art of Non-Conformity: Set Your Own Rules, Live the Life You Want, and Change the World	Chris Guillebeau

Title	Author
The Best Advice I Ever Got: Lessons from Extraordinary Lives	Katie Couric
The Blind Giant: Being Human in a Digital World	Nick Harkaway
The Book of Awesome: Snow Days, Bakery Air, Finding Money in Your Pocket, and Other Simple, Brilliant Things	Neil Pasricha
The Book of Forgiving: The Fourfold Path for Healing Ourselves and Our World	Desmond Tutu, Mpho Tutu
The Book of Joy: Lasting Happiness in a Changing World	Dalai Lama, Desmond Tutu, Douglas Carlton Abrams
The Book of Joy: Lasting Happiness in a Changing World (unabridged)	Dalai Lama, Desmond Tutu, Douglas Carlton Abrams, Douglas Carlton Abrams, Francois Chau, Peter Francis James
The Brain Fog Fix: Reclaim Your Focus, Memory, and Joy in Just 3 Weeks	Mike Dow
The End of Your Life Book Club	Will Schwalbe
The Energy Bus: 10 Rules to Fuel Your Life, Work, and Team with Positive Energy	Jon Gordon, Ken Blanchard
The Energy Bus: 10 Rules to Fuel Your Life, Work, and Team with Positive Energy (unabridged)	Jon Gordon, Jon Gordon
The Four Agreements: A Practical Guide to Personal Freedom	don Miguel Ruiz
The Happiness Project. Or, Why I Spent a Year Trying to Sing in the Morning, Clean My Closets, Fight Right, Read Aristotle, and Generally Have More Fun	Gretchen Rubin
The Happiness Project: Or, Why I Spent a Year Trying to Sing in the Morning, Clean My Closets, Fight Right, Read Aristotle, and Generally Have More Fun (unabridged)	Gretchen Rubin, Gretchen Rubin
The Heart of Zen: Enlightenment, Emotional Maturity, and What It Really Takes for Spiritual Liberation	Jun Po Denis Kelly Roshi, Keith Martin-Smith
The Last Lecture	Jeffrey Zaslow, Randy Pausch
The Life-Changing Magic of Not Giving a F*ck: How to Stop Spending Time You Don't Have with People You Don't Like Doing Things You Don't Want to Do (unabridged)	Sarah Knight, Sarah Knight
The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing	Marie Kondo
The Little Book of Lykke: Secrets of the World's Happiest People (unabridged)	Meik Wiking, Meik Wiking

Title	Author
The Nature Fix: Why Nature Makes us Happier, Healthier, and More Creative (unabridged)	Florence Williams, Emily Woo Zeller
The Now Habit: A Strategic Program for Overcoming Procrastination and Enjoying Guilt-Free Play (unabridged)	Neil Fiore, Neil Fiore
The Organized Mind: Thinking Straight in the Age of Information Overload	Daniel J. Levitin
The Path Made Clear: Discovering Your Life's Direction and Purpose	Oprah Winfrey
The Path Made Clear: Discovering Your Life's Direction and Purpose (unabridged)	Oprah Winfrey, Full Cast, Oprah Winfrey
The Power of Habit: Why We Do What We Do in Life and Business	Charles Duhigg
The Power of Intention	Wayne W. Dyer, Dr.
The Princess Diarist	Carrie Fisher
The Princess Diarist	Carrie Fisher, Carrie Fisher, Billie Lourd
The Psychopath Test: A Journey Through the Madness Industry	Jon Ronson
The Quiet Rise of Introverts: 8 Practices for Living and Loving in a Noisy World	Brenda Knowles
The Road to Character	David Brooks
The Second Mountain: The Quest for a Moral Life (unabridged)	David Brooks, Arthur Morey
The Social Animal: The Hidden Sources of Love, Character, and Achievement	David Brooks
The Subtle Art of Not Giving a F*ck: A Counterintuitive Approach to Living a Good Life (unabridged)	Mark Manson, Roger Wayne
The Untethered Soul: The Journey Beyond Yourself	Michael A. Singer
The Wisdom of Healing: A Natural Mind Body Program for Optimal Wellness	Deepak Chopra, M.D., David Simon, M.D.
The Year of Magical Thinking	Joan Didion
This Is Me: Loving the Person You Are Today	Chrissy Metz
Tiny Beautiful Things: Advice on Love and Life from Dear Sugar	Cheryl Strayed
Title	Creators
Together: The Healing Power of Human Connection in a Sometimes Lonely World (unabridged)	Vivek H. Murthy, Vivek H. Murthy
Tools of Titans: The Tactics, Routines, and Habits of Billionaires, Icons, and World-Class Performers	Timothy Ferriss, Arnold Schwarzenegger

Title	Author
Unchain Your Brain: 10 Steps to Breaking the Addictions That Steal Your Life (unabridged)	Daniel G. Amen, David E. Smith, Claire Bloom, Stefan Rudnicki
Untamed	Glennon Doyle
Untamed	Glennon Doyle, Glennon Doyle
Wake Up Happy: The Dream Big, Win Big Guide to Transforming Your Life (unabridged)	Michael Strahan, Veronica Chambers, Michael Strahan
We Need to Talk: How to Have Conversations That Matter (unabridged)	Celeste Headlee, Celeste Headlee
What I Know For Sure	Oprah Winfrey, Oprah Winfrey
What Made Maddy Run: The Secret Struggles and Tragic Death of an All-American Teen	Kate Fagan
When Breath Becomes Air	Paul Kalanithi, Abraham Verghese
When: The Scientific Secrets of Perfect Timing	Daniel H. Pink
Why Did I Come into This Room?: A Candid Conversation about Aging	Joan Lunden
Willpower: Rediscovering the Greatest Human Strength	Roy F. Baumeister, John Tierney
Wisdom From a Humble Jellyfish: And Other Self-Care Rituals from Nature (unabridged)	Rani Shah, Soneela Nankani
Wishes Fulfilled: Mastering the Art of Manifesting	Wayne W. Dyer, Dr.
With or Without You: A Memoir	Domenica Ruta
Year of No Clutter: A Memoir	Eve Schaub
Year of Yes: How to Dance It Out, Stand In the Sun and Be Your Own Person (unabridged)	Shonda Rhimes, Shonda Rhimes
You Are a Badass: How to Stop Doubting Your Greatness and Start Living an Awesome Life	Jen Sincero
You Can Heal Your Life	Louise Hay
You Do You: How to Be Who You Are and Use What Youve Got to Get What You Want (unabridged)	Sarah Knight
Your Best Year Ever: A 5-Step Plan for Achieving Your Most Important Goals	Michael Hyatt



## For Young Adults, Teens

Title	Author
It's Kind of a Funny Story	Ned Vizzini
Three little Words	Sarah Harvey
Who Put this Song On	Morgan Parker
Turtles All the Way Down	John Green
A World Without You	Beth Revis
Wild Bird	Wendelin Van Draanen
The Fall of Innocence	Jenny Torres Sanchez
Scars Like Wings	Erin Stewart
Every Last Word	Tamara Stone
Everybody Sees the Ants	A.S. King
History is All You Left Me / More Happy than Not	Adam Silvera
Highly Illogical Behavior	John Corey Whaley
All the Bright Places	Jennifer Niven
The Art of Starving	Sam Miller
Paperweight	Meg Haston
A Monster Calls	Patrick Ness
We Are Okay	Nina LaCour
Goodbye Days	Jeff Zentner
The Last Time We Say Goodbye	Cynthia Hand
The Astonishing Color of After	Emily X.R. Pan
Boy 21 and Forgive Me, Leonard Peacock	Matthew Quick
Darius the Great is Not Okay	Adib Khorram (audio and digital)
The Perks of Being a Wallflower	Stephen Chbosky
Dear Evan Hansen	Val Emmich
Through Hoopla:	
A Danger to Herself and Others	Alyssa Sheinmel audio
Just Breathe	Cammie McGovern audio
I Wish You All the Best	Mason Deaver audio
Challenger Deep	Neal Shusterman (audio and digital)

Title	Author
Stop Pretending	Sonya Sones
The Disturbed Girl's Dictionary	NoNieqa Ramos
(Don't) Call Me Crazy Edited	Kelly Jensen
Last Night I Sang to the Monster	Benjamin Alire Saenz
Made you up	Francesca Zappia (audio and digital)
You Asked for Perfect	Laura Silverman
The Rest of Us Just Live Here	Patrick Ness (audio and digital)
<b>Available in Print</b>	
Breath Like Water	Anna Jarzab
Eliza and her Monsters	Francesca Zappia
Girl in Pieces	Kathleen Glasgow
Harley in the Sky	Akemi Dawn Bowman
How it Feels to Float	Helena Fox
Just Breathe	Cammie McGovern
List of Ten	Halli Gomez
Little & Lion	Brandy Colbert
My Heart and Other Black Holes	Jasmine Warga
Some Other Now	Sarah Everett
Tell Me My Name	Amy Reed
The Bridge	Bill Konigsberg
The lightness of Hands	Jeff Garvin
The New David Espinoza	Fred Aceves
The Surprising Power of a Good Dumpling	Wai Chim
The Survival List	Courtney Sheinmel
This is My Brain in Love	I. W. Gregorio
Verona Comics	Jennifer Dugan
When We Collided	Emery Lord

## For Middle Grades

Title	Author
<b>Available in Print</b>	
Family Game Night and Other Catastrophes	Mary Lambert
Finding Perfect	Elly Swartz
Ghost	Jason Reynolds
Good Enough	Jen Petro-Roy
Lily and Dunkin	Donna Gephart
OC Daniel	Wesley King
One Way or Another	Kara Mcdowell
Sara and the Search for Normal	Wesley King
Small as an Elephant	Jennifer Richard Jacobson
Some Kind of Happiness	Claire Legrand
Sure Signs of Crazy	Karen Harrington
The Goldfish Boy	Lisa Thompson
The Miscalculations of Lightning Girl	Stacy McAnulty
The Science of Breakable Things	Tae Keller
The Year I didn't Eat	Samuel Pollen
Umbrella Summer	Lisa Graff
Waiting for Normal	Leslie Connor
Where the Watermelons Grow	Cindy Baldwin

## For Children

Title	Type	Format	Author
<b>Hoopla Titles</b>			
Alphabreaths	Nonfiction	Ebook	Christopher Willard
Brave Molly	Picture Book	Ebook	Brooke Boynton-Hughes
Breathe Like A Bear	Picture Book	Readalong	Kira Willey
Breathe With Me	Nonfiction	Ebook	Mariam Gates
Calm-Down Time	Nonfiction	Ebook	Elizabeth Verdick
Compassion	Nonfiction	Ebook	Katie Marsico
Connection	Nonfiction	Ebook	Katie Marsico
Dinosaur Yoga	Picture Book	Ebook	Mariam Gates
Feelings	Nonfiction	Ebook	Stephanie Reid
F is for Feelings	Nonfiction	Ebook	Goldie Millar
The Goldfish Boy	Junior Fiction	Audiobook	Lisa Thompson
Good Mental Health	Nonfiction	Ebook	Shirley Wimpish Gray
Good Morning Yoga	Picture Book	Ebook	Mariam Gates
I Am Human	Picture Book	Ebook	Susan Verde
I Am Love	Picture Book	Ebook	Susan Verde
I Am Peace	Picture Book	Ebook	Susan Verde
Inside Out Junior Novel	Junior Fiction	Ebook	Suzanne Francis
Keeping Calm and Focused	Nonfiction	Ebook	Theresa Emminizer
Small As An Elephant	Junior Fiction	Ebook	Jennifer Richard Jacobson
Thoughts and Feelings: Identifying Emotions	Nonfiction	Ebook	Rachael Morlock
What Happens When Someone Has Depression?	Nonfiction	Ebook	Katie Kawa
When I Feel Happy	Nonfiction	Ebook	Amy Beattie
When I Feel Nervous	Nonfiction	Ebook	Amy Beattie

Title	Type	Format	Author
When I Feel Sad	Picture Book	Ebook	Cornelia Maude Spelman
When I Feel Scared	Nonfiction	Ebook	Amy Beattie
When I Feel Worried	Picture Book	Ebook	Cornelia Maude Spelman
Who Feels Happy, Dear Dragon?	Easy Reader	Ebook	Margaret Hillert
Who Feels Sad, Dear Dragon?	Easy Reader	Ebook	Margaret Hillert
Zoo Zen	Picture Book	Ebook	Kristen Fischer
<b>Libby/Overdrive Titles</b>			
Guts	Graphic Novel	Ebook	Raina Telgemeier
Lily and Dunkin	Fiction	Ebook	Donna Gephart
Restart	Fiction	Ebook & Audio	Gordon Korman

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**How to Access a Library Card:**

1) First, make sure you don't have an existing card. If you are not sure, you can email [eref@fplct.org](mailto:eref@fplct.org).

2) Apply online for a permanent card that will be mailed to you:

<https://fairfieldpubliclibrary.org/my-fpl/library-cards/>

3) If you can't wait to get started you can get a temporary digital card from the OverDrive homepage on our website:

<https://fairfield.overdrive.com/account/ozone/sign-in?forward=%2Faccount%2Fsign-out&showIdcSignUp=false>