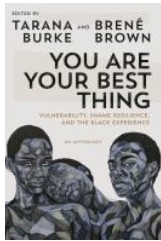


## Non-Fiction

### You Are Your Best Thing

By Burke and Brown  
152.4 BUR

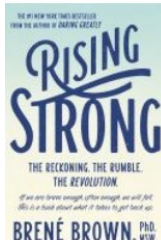
The editors bring together a dynamic group of Black writers, organizers, artists, academics and cultural figures to discuss vulnerability and shame resilience.



### Rising Strong

By Brené Brown  
158 BRO

Brown discusses vulnerability, shame and the journey to bravery.



### Dutiful Boy

By Mohsin Zaidi  
306 ZAI

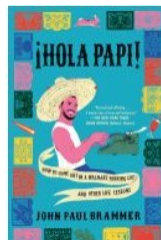
A coming of age memoir about growing up gay and gaining acceptance in a Pakistani family.



### Hola Papi

By John Paul Brammer  
306.76 BRA

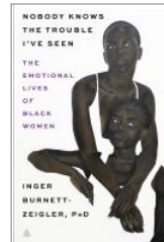
Popular LGBTQ advice columnist and writer John Paul Brammer, provides advice and reflects on his own mental health journey.



### Nobody Knows the Trouble I've Seen

By Inger Burnett-Zeigler  
616.89 BUR

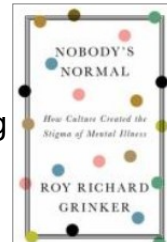
A psychologist writes to provide a framework for mental health specifically for Black women.



### Nobody's Normal

By Roy Grinker  
616.89 GRI

A examination of evolving attitudes toward mental illness and the fight to end the stigma.



### Wow No Thank You

By Samantha Irby  
814.6 IRB

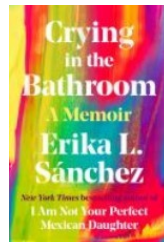
Irby's essays highlight the ups and downs of aging, marriage and living with step-children.



### 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.



## OREGON PUBLIC LIBRARY

200 N. Alpine Parkway, Oregon, WI 53575  
(608) 835-3656 ♦ [OregonPublicLibrary.org](http://OregonPublicLibrary.org)  
A member of the South Central Library System



# MENTAL HEALTH

## Oregon Public Library Book Recommendations Created by staff



## HIGHLIGHTING AUTHORS AND STORIES IN OUR COLLECTION

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

Updated 11/23

## Fiction

### Everyone in This Room Will Someday Be Dead

By Emily Austin  
F AUSTIN Emily

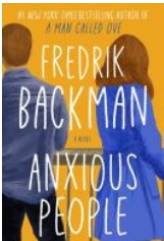
A morbidly anxious woman stumbles into a job at a Catholic church and becomes obsessed with a mysterious death.



### Anxious People

By Fredrik Backman  
F BACKMAN Fredrik

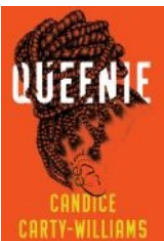
Taken hostage by a failed bank robber while attending an open house, eight strangers discover their common traits.



### Queenie

By Candice Carty-Williams  
F CARTY- WILLIAMS Candice

After a messy break up from her long-term boyfriend, Queenie seeks comfort in all the wrong places.



### This Close to OK

By Leesa Cross-Smith  
F CROSS-SMITH Leesa

A therapist spots a man standing on the edge of a bridge and convinces him to join her for coffee instead of jumping.

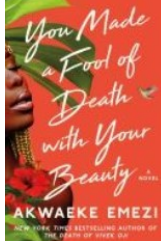


## FIND MORE GREAT READS!

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

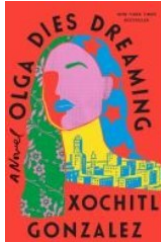
## You Made a Fool of Death With Your Beauty

By Akwaeke Emezi  
*F EMEZI Akwaeke*  
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?



## Olga Dies Dreaming

By Xochitl Gonzalez  
*F GONZALEZ Xochitl*  
A story that examines political corruption, familial strife, and the American dream-all while asking what it really means to weather a storm.



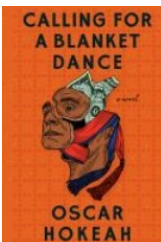
## The Last White Man

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.



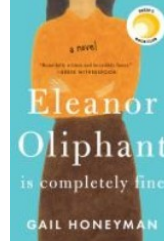
## Calling For a Blanket Dance

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.



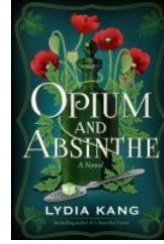
## Eleanor Oliphant is Completely Fine

By Gail Honeyman  
*F HONEYMAN Gail*  
Eleanor loves self-imposed rules. But an unexpected event leads her to forge two unlikely friendships and question her current life trajectory.



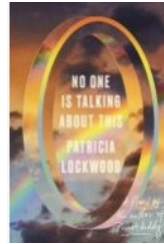
## Opium and Absinthe

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.



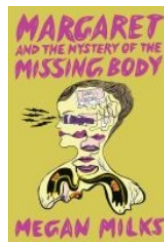
## No One is Talking About This

By Patricia Lockwood  
*F LOCKWOOD Patricia*  
Elevated to prominence for her social-media posts, a woman begins suffering from existential anxieties.



## Margaret and the Mystery of the Missing Body

By Megan Milks  
*F MILKS Megan*  
A queer coming-of-age novel about a girlhood interrupted by an eating disorder



## Open Water

By Caleb Azumah Nelson  
*F NELSON Caleb*  
From the moment they meet in a London bar, a photographer and a dancer are drawn to each other, despite many social complications. These two Black artists fall in and out of love through the exploration of generational trauma and mental health.



## Tell Me I'm Worthless

By Alison Rumfitt  
*F RUMFITT Alison*  
Three years ago, Alice spent one night in an abandoned house with her friends. Since then, Alice's life has spiraled as memories of that night torment her. But, when her friend asks her to return to the House, Alice knows she must go.



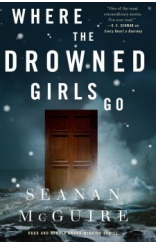
## Sci-Fi & Fantasy The Midnight Library

By Matt Haig  
*SF HAIG Matt*  
Nora 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.



## Where the Drowned Girls Go

By Seanan McGuire  
*FAN MCGUIRE Seanan WAYWARD 7*  
When Eleanor West decided to open her "Home for Wayward Children," she knew from the beginning that there would be children she couldn't save. When Cora decides she needs a different fate, Miss West reluctantly agrees to transfer her to the other school, where things are run very differently.



## Romance

### The Heart Principle

By Helen Hoang  
*R HOANG Helen KISS 3*  
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  
*R DE CADENET Gia*  
Feeling like his old self after a rough patch of depression and therapy, barbershop owner Khalil Sarda meets customer Vanessa Noble who thought she was too busy building a multimillion-dollar tech company to be distracted by a relationship.

