

10 books to help teens better understand anxiety

12-17 years



COMMENT SURVIVRE QUAND ON SE TROUVE NUL (FRENCH ONLY)

AUTHORS: Emmanuelle Rignon and Sylvie Baussier
PUBLISHING HOUSE: Albin Michel

Adolescence can be a difficult time. Faced with so many physical and psychological changes, many teens experience anxiety. This wonderfully written book aims to help them put things in perspective and build self-esteem.



THE WOLVES IN THE WALLS

AUTHOR: Neil Gaiman
PUBLISHING HOUSE: HarperCollins

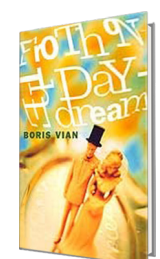
There are wolves in the walls of Lucie's house! She and her family try to chase them off, but how will their terrifying story end? In this remarkable story of courage, the author explores different ways of overcoming fear and anxiety.



LES MISSIONS SECRÈTES DE JULIA LÉVEILLÉE (FRENCH ONLY)

AUTHOR: Julie Vincelette
PUBLISHING HOUSE: Éditions Z'aïlées

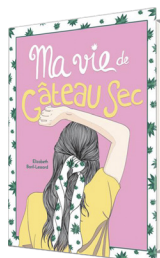
When her grandmother dies, Julie inherits a magic kit, a strange gift that proves instrumental in solving the mystery of her classmate Charlie. At times funny, at others deeply moving, this story shines a light on mental illness and resilience.



FROTH ON THE DAYDREAM (ORIGINAL TITLE : L'ÉCUME DES JOURS)

AUTHOR: Boris Vian
PUBLISHING HOUSE: Rapp & Carroll

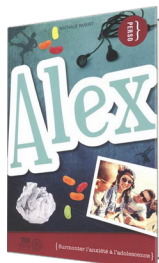
Beautiful Chloé has a rare disease: a water lily is devouring her lung. As she struggles to keep breathing, Colin, Alise, and Chick lose some of their adolescent naivety. This novel offers a surreal take on anxiety, capturing the feeling of suffocation that often comes with it.



MA VIE DE GÂTEAU SEC (FRENCH ONLY)

AUTHOR: Élisabeth Baril-Lessard
PUBLISHING HOUSE: Éditions les Malins

Louane has one great passion: dance. When she moves and twirls, she feels strong. But one day, in the middle of a show, she collapses on stage. It's her first panic attack. After a series of doctor's appointments, she's diagnosed with an anxiety disorder. Louane is forced to reorganize her life and learn to cope with her anxiety.



ALEX : SURMONTER L'ANXIÉTÉ À L'ADOLESCENCE (FRENCH ONLY)

AUTHOR: Nathalie Parent
PUBLISHING HOUSE: Éditions Midi trente

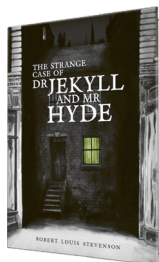
Anxiety is something Alex knows all about, so he decides to start a blog. What better way to share his experiences and help other teens cope with anxiety? Through Alex's experiences, the author gives practical tips to help kids overcome their own difficulties.



THE WORST WITCH ALL AT SEA

AUTHOR: Jill Murphy
PUBLISHING HOUSE: Penguin uk

Amandine hates water, but all the students at the Academy for Witches have been invited to spend a week at the beach. How will she manage her anxiety? She can't even swim!



THE STRANGE CASE OF DR JEKYLL AND MR HYDE

AUTHOR: Robert Louis Stevenson
PUBLISHING HOUSE: Palazzo Editions

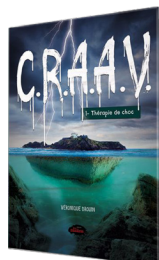
This dark and harrowing tale unfolds in the notorious streets of London and explores different types of madness. When Dr. Jekyll starts spending time with Mr. Hyde, his friends worry about the negative influence the crook seems to have on the good doctor.



JESSIE ELLIOT IS A BIG CHICKEN (ORIGINAL TITLE : JESSIE ELLIOT A PEUR DE SON OMBRE)

AUTHOR: Élise Gravel
PUBLISHING HOUSE: Roaring Brook Press

This is Jessie Elliot's last summer of childhood. In September, she's starting high school. As she waits for the big day, her brain races with questions and her imagination scares her silly.



C.R.A.A.V. (FRENCH ONLY)

AUTHOR: Véronique Drouin
PUBLISHING HOUSE: Éditions les Malins

Marion is spending the summer at a rehabilitation centre for anxious and vulnerable teens (C.R.A.A.V.). Built on an island in the middle of nowhere, the centre welcomes other teens just like her. One morning, after a storm, she discovers a young girl washed up on the beach. When she brings the shipwreck survivor back to the centre, strange things start to happen.