

Recommended Reading on Body Image, Mental Health & Self-Esteem in Young People

List Compiled by Natasha Devon

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'A Beginner's Guide to Being Mental: An A-Z by Natasha Devon', available to pre-order:

<https://www.amazon.co.uk/Beginners-Guide-Being-Mental-Z/dp/1509882227>

'Out of Our Minds: Learning to be Creative' Sir Ken Robson

https://www.goodreads.com/book/show/77503.Out_of_Our_Minds

'Teenagers' by David Bainbridge: <http://www.amazon.co.uk/Teenagers-Natural-History-David-Bainbridge/dp/1846271223>

'Curvology' by David Bainbridge: <http://www.amazon.co.uk/Curvology-Origins-Power-Female-Shape/dp/1846275504>

'We're All Mad Here': The No-Nonsense Guide to Living with Social Anxiety by Claire Eastham

<https://www.whsmith.co.uk/products/were-all-mad-here-the-no-nonsense-guide-to-living-with-social-anxiety/9781785920820>

'Hope with Eating Disorders' by Lynn Crilly:

<http://www.lynncrilly.co.uk/MyBook/HopewithEatingDisorders.aspx>

'How to Disappear Completely' by Kelsey Osgood: <http://www.amazon.co.uk/How-Disappear-Completely-Modern-Anorexia/dp/1468306685>

'The Book of Human Emotions' by Tiffany Watt-Smith <https://www.waterstones.com/book/the-book-of-human-emotions/tiffany-watt-smith/9781781251300>

'The Psychodynamics of Social Networking' by Dr Aaron Balick

<https://www.waterstones.com/book/the-psychodynamics-of-social-networking/dr-aaron-balick/9781780490922>

'Self-Harm and Eating Disorders in Schools' by Dr Pooky Knightsmith [https://wordery.com/self-harm-and-eating-disorders-in-schools-pooky-knightsmith-](https://wordery.com/self-harm-and-eating-disorders-in-schools-pooky-knightsmith-9781849055840?currency=GBP&trck=Ni9mV3gvTUFqUWVUcVZ1azJQdGtLcVdmbEh3T0tNTTR5KzAz)

[9781849055840?currency=GBP&trck=Ni9mV3gvTUFqUWVUcVZ1azJQdGtLcVdmbEh3T0tNTTR5KzAzcEFha3Q4QTBzV1dYODJaMk52MkM5UmoxWW5VMmgrMGRqUC9paEYyU3dtVExFZlVjR0E9PQ&gclid=Cj0KEQjw7dfkBRcdkKrvmfKtyeoBEiQAch0egekdk0Ty9vrD1dKUr7LASTpUnhIWavT-ERhN8eIEMaAj2z8P8HAQ](https://wordery.com/self-harm-and-eating-disorders-in-schools-pooky-knightsmith-9781849055840?currency=GBP&trck=Ni9mV3gvTUFqUWVUcVZ1azJQdGtLcVdmbEh3T0tNTTR5KzAzcEFha3Q4QTBzV1dYODJaMk52MkM5UmoxWW5VMmgrMGRqUC9paEYyU3dtVExFZlVjR0E9PQ&gclid=Cj0KEQjw7dfkBRcdkKrvmfKtyeoBEiQAch0egekdk0Ty9vrD1dKUr7LASTpUnhIWavT-ERhN8eIEMaAj2z8P8HAQ)

'The Chimp Paradox' by Prof. Steve Peters <https://www.whsmith.co.uk/products/the-chimp-paradox-the-acclaimed-mind-management-programme-to-help-you-achieve-success-confidence-and-happiness/9780091935580>

'Crazy Like Us' by Ethan Watters <https://www.goodreads.com/book/show/6402564-crazy-like-us>

'Fundamentals: A Guide for Parents & Teachers on Mental Health & Self-Esteem' by Natasha Devon and Lynn Crilly: <http://www.lynncrilly.co.uk/Fundamentals/BuyNow.aspx>

'Lost Connections: Uncovering the Real Causes of Depression and the Unexpected Solutions', Johann Hari: https://www.amazon.co.uk/Lost-Connections-Uncovering-Depression-Unexpected/dp/1408878682/ref=sr_1_1?s=books&ie=UTF8&qid=1517147748&sr=1-1&keywords=lost+connections+johann+hari

'Reasons to Stay Alive', Matt Haig: https://www.amazon.co.uk/Reasons-Stay-Alive-Matt-Haig/dp/1782116826/ref=sr_1_1?s=books&ie=UTF8&qid=1517147779&sr=1-1&keywords=reasons+to+stay+alive

The Body Gossip book by Natasha Devon and Ruth Rogers: <http://www.amazon.co.uk/Body-Gossip-Book-Ruth-Rogers/dp/09565368>