

## An Infographic Compilation of Self-Development Books

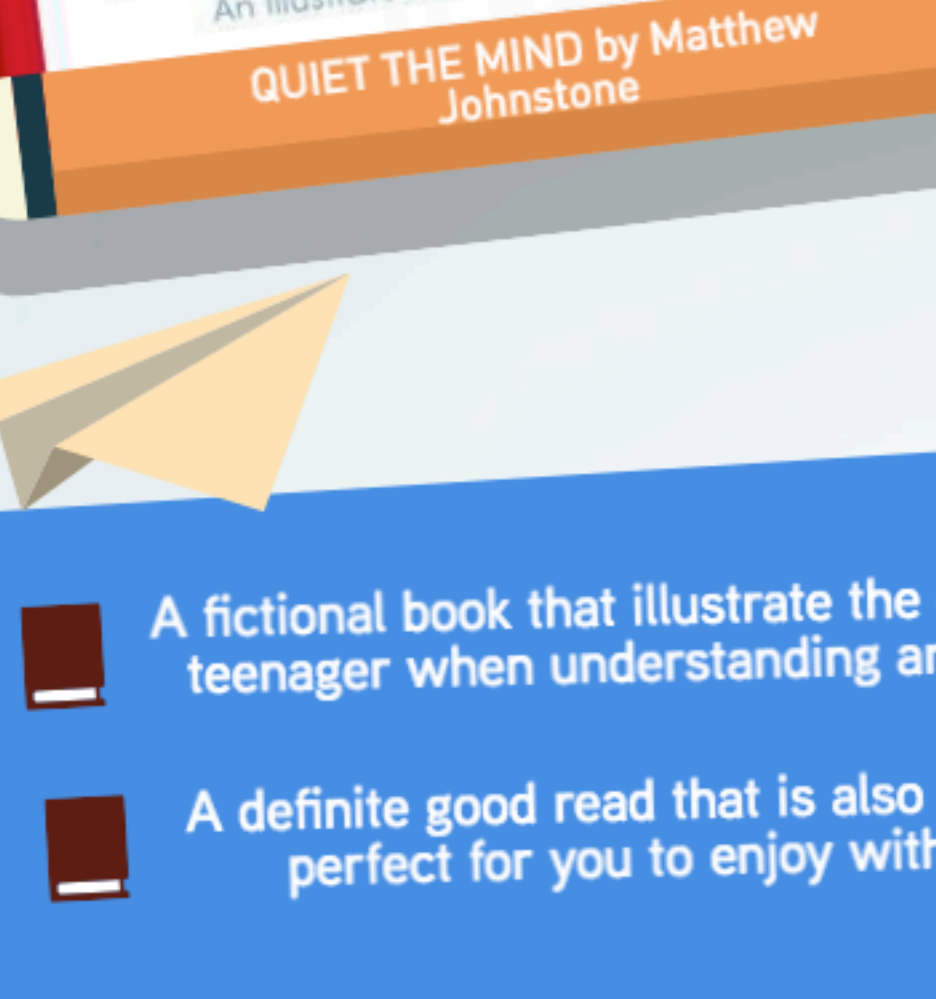
### Mental Wellbeing and Stress Management

With everything going on in life, things may seem a bit overwhelming at times. The books selected here talk about taking care of your own mental health and managing the stress that you face. They teach you how to organise your time better, techniques for meditating and de-stressing, and even understanding your sources of stress.

- Stuff That Sucks is a book that will teach you all about understanding and accepting your own emotions
- It helps provides exercises and techniques that can clarify your personal values and sources of stress



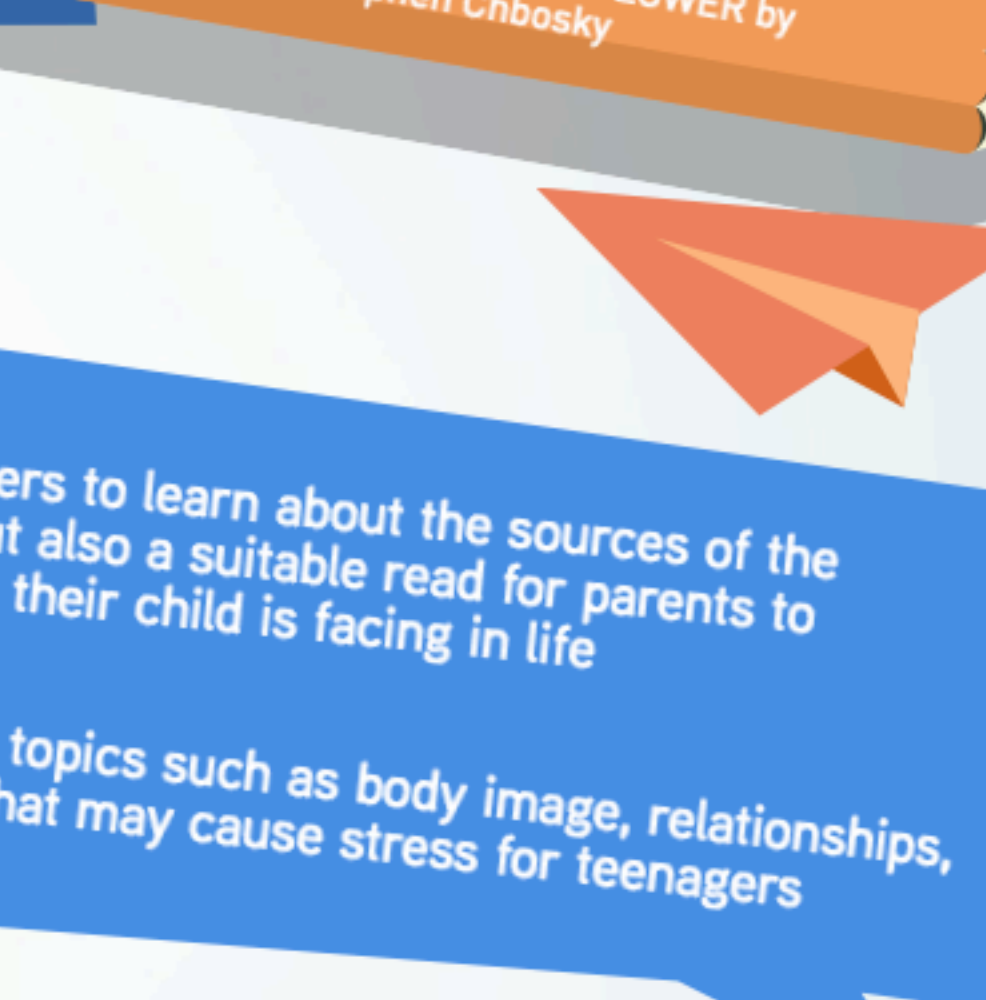
STUFF THAT SUCKS by Ben Sedley



QUIET THE MIND by Matthew Johnstone

- Quiet the Mind is an instructional picture book that invites the reader to learn about meditation in a fun and interactive manner
- Suitable for all ages to achieve better mental wellbeing, learn how to focus better, improve your mood and feel more energised!

- A fictional book that illustrate the difficulties faced by a teenager when understanding and accepting growth
- A definite good read that is also now a major motion picture - perfect for you to enjoy with your friends and family!



PERKS OF BEING A WALLFLOWER by Stephen Chbosky



THE TEENAGE GUIDE TO STRESS by Nicola Morgan

- A perfect guide for teenagers to learn about the sources of the stress they experience, but also a suitable read for parents to understand what their child is facing in life
- The book also touches upon topics such as body image, relationships, sex and other things that may cause stress for teenagers

- A workbook designed to help teenagers regulate their mood and emotions through teaching self therapy
- Also aids with forming safe, stable relationships with people around the reader

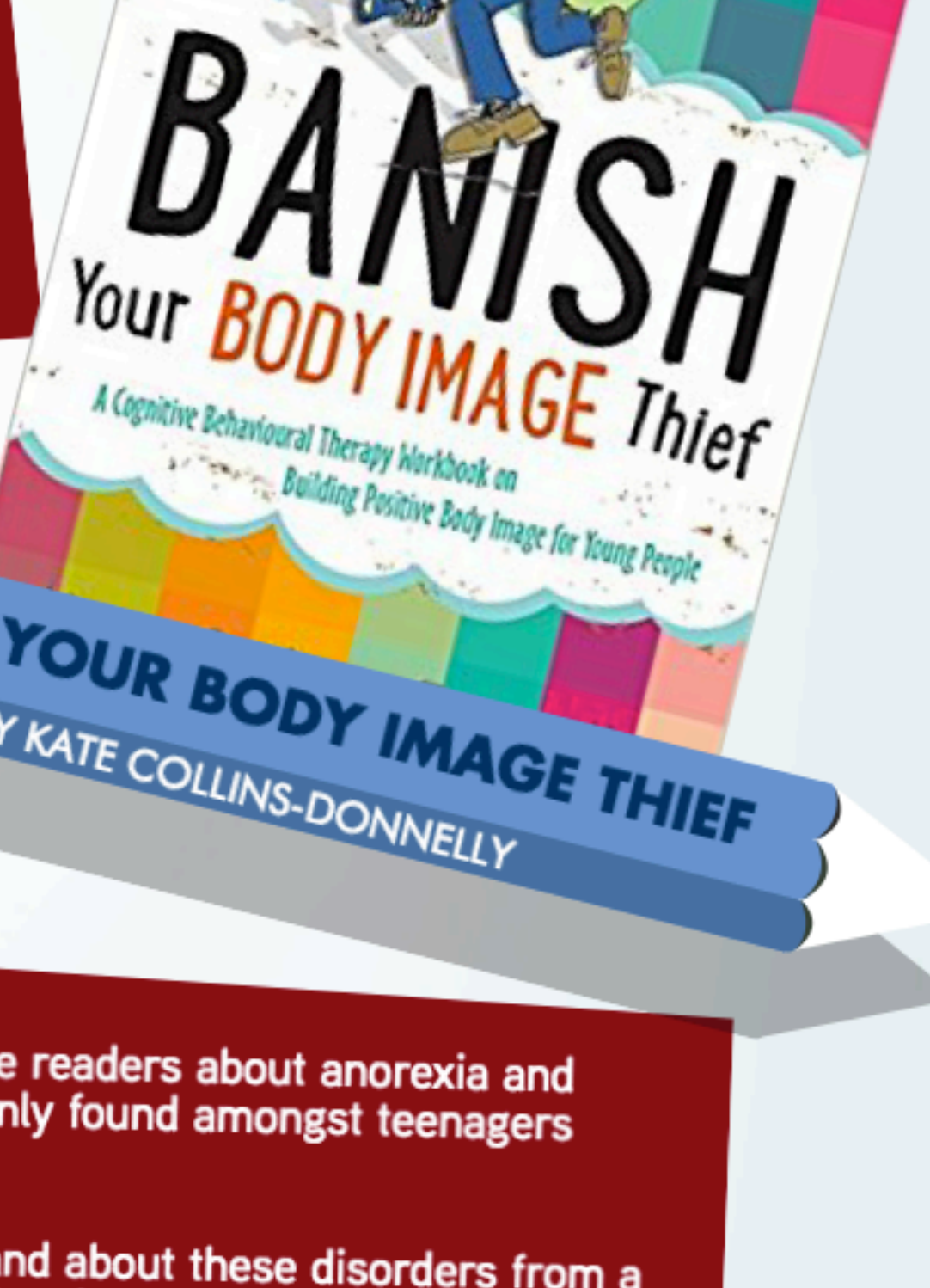


DON'T LET YOUR EMOTIONS RUN YOUR LIFE FOR TEENS By Sherr Van Duk

As everyone experiences adolescent, we start to look at our bodies differently: does my hair look good? Am I too skinny? Too fat? Do I look "cool"? While it is important to maintain a healthy body and lifestyle, it is equally as important to love your own body!

### Positive Body Image

- A workbook which uses cognitive therapy in order to help build a strong, positive body image for the reader
- Suitable for reader to learn about how to self-help, but can also serve as an accompanying book while chatting with parents, teachers and practitioners



BANISH YOUR BODY IMAGE THIEF BY KATE COLLINS-DONNELLY



CAN I TELL YOU ABOUT EATING DISORDERS? BY BRYAN LASK AND LUCY WATSON

- A useful guide that teaches the readers about anorexia and other eating disorders commonly found amongst teenagers
- Allows the readers to understand about these disorders from a story telling perspective of real people who faced such disorders in the past

### Cultural Identity

Everyone we meet comes from different backgrounds - some similar to you own, and others more different. As our world becomes culturally integrated, we must also learn to be proud of our own cultural identity. The books below teaches you all about being a proud representative of your background.



CANTONESE LOVE STORIES BY Dun Kai-Cheung



THE ARRIVAL By Shuan Tan

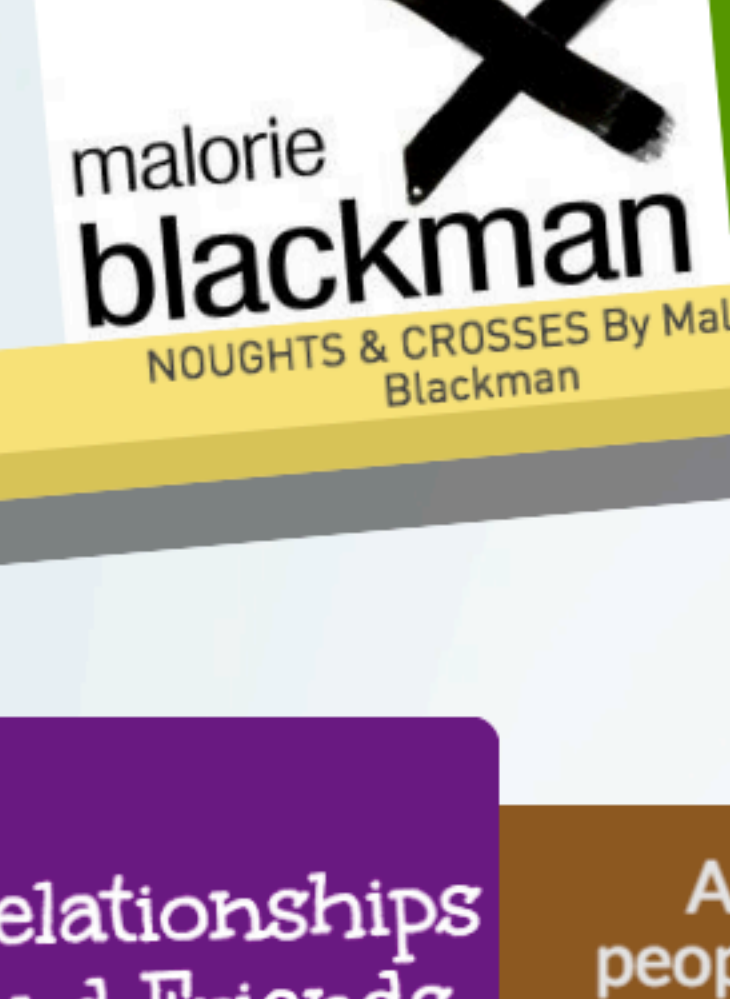
- A graphic novel which highlights the experiences of an immigrant entering a new, foreign community
- A beautiful story that can be understood by a wide range of audiences and told in a thoughtful and engaging manner

- A part of the HONG KONG SERIES by Penguin Specials that describes the accumulative cultural of Hong Kong
- A collection of short stories that describes the different corners of Hong Kong as a city with influences from various cultures

- Another book from the HONG KONG SERIES by Penguin Specials
- Highlights the social changes in the urban areas of Hong Kong and explores the struggles between the grassroots citizens trying to protect their cultural identity and the changes that the government is urging to bring about



BORROWED SPACES By Christopher Dewolf



NOUGHTS & CROSSES By Malorie Blackman

- A fictional novel which describes a society in which black people are viewed as the ruling class, while white people were treated as slaves in the community
- A well received piece of work that explores the power dynamics between different cultures in a fun and engaging manner

### Relationships and Friends

As we grow older we start to explore more about relationships with people around us. Many of us will face the pressure of dealing with bullies or keeping up with peer pressure. It is a part of life that everyone has to go through, but what's important is to learn about how to deal with these issues positively.

- A wonderful book which talks about the different forms of bullying and how to deal with them - In the age of social media, it especially touches upon the increasing problem of cyberbullying
- The book also includes quotes, advice, and experiences of teenagers who also faced bullying and how to deal with this problem



BULLIES, CYBERBULLIES AND FRENEMIES By Michelle Elliott



MINDWISE By Nicholas Epley

- A sophisticated book written by a leading social psychologist which discusses our ability to understand others around us
- A book evoking for deep, provocative thinking that may be intended for more senior readers!

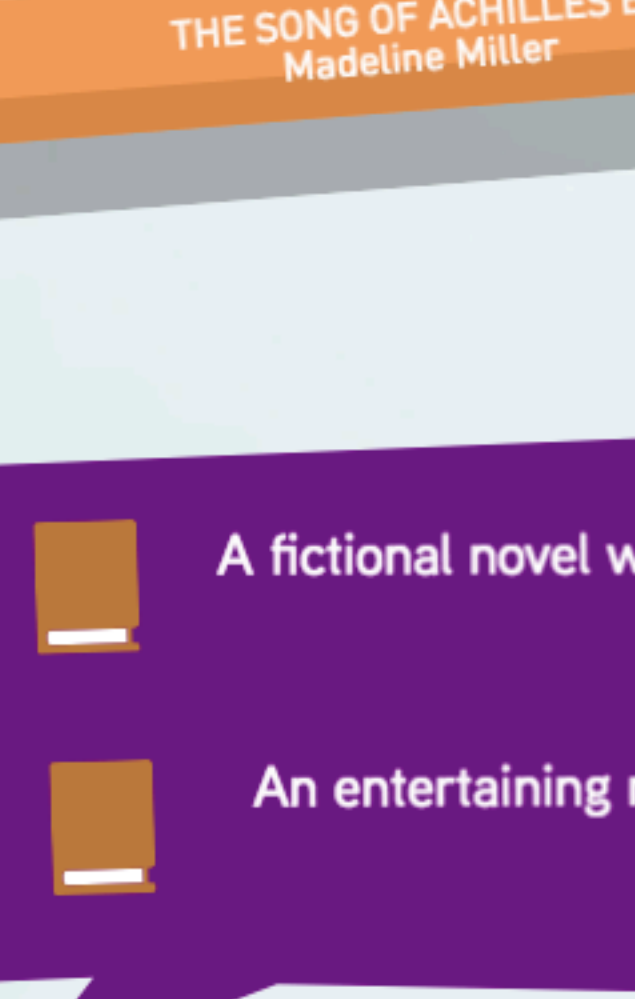
### Personal Values

Each of us live by a set of personal values that remain core to us and our lives. However, there are times as we grow up when these values will be questioned, attacked, or ridiculed. It is important to stand strong and be true to yourself - these books will teach you how to value your values.

- A fictional novel which describes a dystopian society in which the personal values of women in the society is heavily challenged and attacked
- The theme of the novel may be slightly more mature - recommended for older readers in their journey of exploring personal values



THE HANDMAID'S TALE by Margaret Atwood



THE SONG OF ACHILLES By Madeline Miller

- A fictional novel which retells the tale of Archilles and the Trojan Horse, with a twist of romance
- The novel explores the topic of the LGBTQ+ community through a story that we are all familiar with

- A fictional novel which explores the love for family and the topic of sexuality
- An entertaining novel that also teaches about upholding personal values



I'LL GIVE YOU THE SUN BY JANDY NELSON



## Dove Real Beauty Sketches

POSITIVE BODY IMAGE

"In one of the most famous Dove films, Real Beauty Sketches explores the gap between how others perceive us and how we perceive ourselves. Each woman is the subject of two portraits drawn by FBI-trained forensic artist Gil Zamora: one based on her own description, and the other using a stranger's observations. The results are surprising..."



By Abeer Yusuf  
CULTURAL IDENTITY

## What is Home? Growing Up Between Cultures

"Abeer Yusuf talks about the difficulty in answering the question "where is home?" Born in India, raised in Kuwait, the United Arab Emirates and Malaysia, Yusuf had to grapple with the definition of identity and belonging from an early age. Drawing from her personal experiences, Abeer notes the positives and negatives of transitioning between cultures and how it can make us rethink our own conceptions of "home". As Abeer explains in her TEDx Talk, she believes that as identity becomes more globalized and people migrate more, there should be a paradigmatic shift in defining identity as ever evolving and shifting."

## To This Day A Spoken Word Poem

By Shane Koyczan

RELATIONSHIPS AND FRIENDS

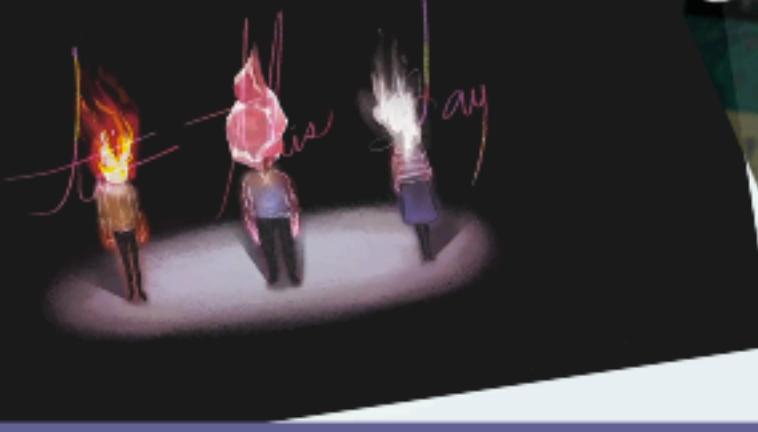
"My experiences with violence in schools still echo throughout my life but standing to face the problem has helped me in immeasurable ways."

"Schools and families are in desperate need of proper tools to confront this problem. This piece is a starting point."

as said by Shane Koyczan



**KIDS4KIDS**  
童協基金會

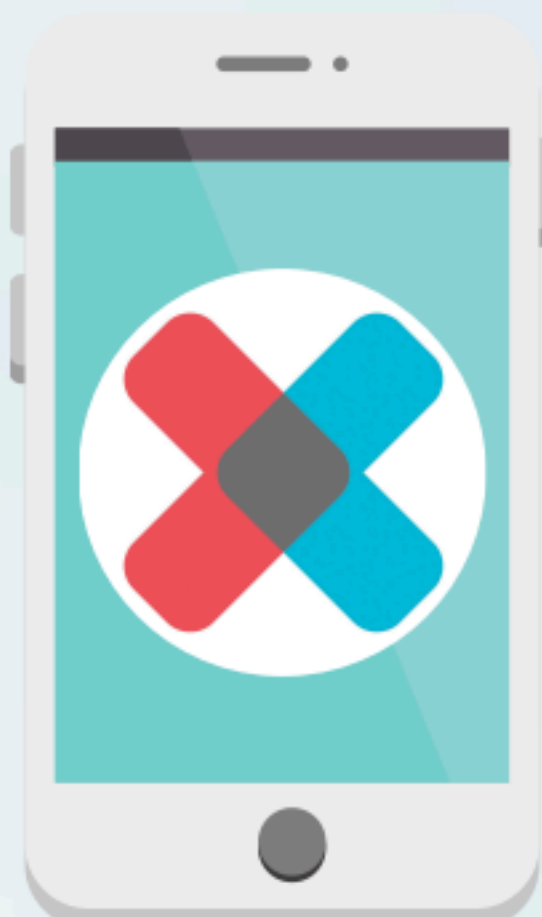


## The Jubilee Project

RELATIONSHIPS AND FRIENDS

"Jubilee Media exists to bridge people together and inspire love through compelling stories. We create shareable human-centric videos that create connection, challenge assumptions, and touch the soul."

Ultimately, we aim to inspire people to LIVE FOR SOMETHING GREATER"



"Perhaps the most beautiful thing about Moonlight is its open-endedness, its resistance to easy summary or categorization." ~NYTimes

"Chiron emerges as the most touching exemplar of the film's nuanced perspective, as he grapples with the layers of his own identity as an African American man who happens to be gay." ~Washington Post

"Moonlight" glows. Admittedly, the indie drama is going to be a tough sell for a lot of audiences. ~New York Daily News

## Moonlight

PERSONAL VALUES



**QUEER & HERE**

**YouTube**

## Tyler Oakley YOUTUBER, LGBTQ+

Known for his cheerful personality, Tyler Oakley got his start on Youtube posting vlogs in order to keep in touch with his friends. His channel is chock full of collaborations with a lot of giggling, discussions about LGBTQ+ issues, and general good times!



**Girls/Girls/Boys**  
by Panic! at the Disco



## Ben J. Pierce YOUTUBER, LGBTQ+

A young Youtuber and musician, Ben J. Pierce's videos are full of fun, sarcasm, and his sometimes offbeat humor. He addresses how sexism affects all genders in both his music and videos.

## Dodie Clark YOUTUBER, LGBTQ+

Dodie, in her videos, is refreshingly honest about both who she is and how she feels. Her music celebrates love, no matter the gender, and she sings her message in a genre that is probably best summed up as the acoustic interpretation of your first crush or a lonely Sunday morning.



**What's It Conna Be?**  
by Shura



## Stef Sanjati YOUTUBER, LGBTQ+

Affectionately called "breadmom" by her viewers, Stef Sanjati is a makeup artist who documented her transition on Youtube. Her channel is a place where you can learn about both putting on makeup and LGBTQ+.