

Mood-boosting books

In January 2012 the Reading Agency www.readingagency.org.uk launched **Mood-Boosting Books** with a list of 27 uplifting titles. You can request these at your local public library.

The Beach Café by Lucy Diamond
Being Human by Neil Astley
The Big Over Easy by Jasper Fforde
Big Stone Gap by Adriana Trigiani
Cider with Rosie by Laurie Lee
Couch Fiction by Philippa Perry
Haroun and the Sea of Stories by Salman Rushdie
Hector and the Search for Happiness by Francois Lelord
Life According to Lubka by Laurie Graham
Life with the Lid Off by Nicola Hodgkinson
A Little History of the World by E. H. Gombrich
Major Pettigrew's Last Stand by Helen Simonson
Men at Work by Mike Gayle
Notes from a Small Island by Bill Bryson
Prodigal Summer by Barbara Kingsolver
The Pursuit of Love by Nancy Mitford
Smoke and Mirrors by Neil Gaiman
A Spot of Bother by Mark Haddon
Tackling Life by Charlie Oatway
That Awkward Age by Roger McGough
To the Moon and Back by Jill Mansell
Trouble on the Heath by Terry Jones
A Winter Book by Tove Jansson
Stop What You're Doing and Read This - Various contributors
Tales of the City by Armistead Maupin
Waterlog by Roger Deakin
The Secret Garden by Frances Hodgson Burnett

Useful Websites

- NHS Choices Moodzone :
www.nhs.uk/Conditions/stress-anxiety-depression/Pages/low-mood-stress-anxiety.aspx
- The Mental Elf www.thementalelf.net - keep up-to-date with important and reliable mental health research and guidance.
- Time to Change www.time-to-change.org.uk - challenges mental health stigma and discrimination.

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The Reading Agency's **Reading Well Mood-boosting Books** scheme is a national promotion of uplifting titles, including novels, poetry and non-fiction. The books are recommended by readers and reading groups around the country. You can request these at your local public library.

The 2013 list of 20 Reading Well Mood-boosting Books titles is:

- *Bee Journal* by Sean Borodale
- *Dart* by Alice Oswald
- *The Enchanted April* by Elizabeth von Arnim
- *Essential Poems from the Staying Alive Trilogy* edited by Neil Astley
- *The Guernsey Literary and Potato Peel Pie Society* by Mary Ann Shaffer and Annie Barrows
- *The Help* by Kathryn Stockett
- *I Capture the Castle* by Dodie Smith
- *Miss Garnet's Angel* by Salley Vickers
- *Miss Pettigrew Lives for a Day* by Winifred Watson
- *A Month in the Country* by J.L. Carr
- *A Sea Change* by Veronica Henry
- *The Secret Diary of Adrian Mole Aged 13¾* by Sue Townsend
- *Soul Music* by Terry Pratchett
- *A Street Cat Named Bob* by James Bowen
- *The Thread* by Victoria Hislop
- *Thursdays in the Park* by Hilary Boyd
- *Too Much Happiness* by Alice Munro
- *Turned out Nice Again* by Richard Mabey
- *The Unlikely Pilgrimage of Harold Fry* by Rachel Joyce
- *Various Pets Alive and Dead* by Marina Lewycka

For further information please contact the libraries:

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your Health Champion, or Meyrem Rawes-Enver Meyrem.Rawes-Enver@hhft.nhs.uk in H4W.