

## Self-Injury

Akron-Summit County Public Library

### Nonfiction

Cummings, Judy Dodge. **Self Injury: The Ultimate Teen Guide**, 2015. TEENNF 616.8582 C971s  
In this book, Cummings defines self-injury, examines the causes, and offers coping mechanisms for teens.

Mialki, Stephanie. **Self Harm**, 2017. TEENNF 616.8582 M618s  
Discusses self-mutilation and other self-harmful behavior, including why some individuals harm themselves, the risks of self-injury, and how to treat and prevent it.

Petro-Roy, Jen. **You Are Enough: Your Guide to Body Image and Eating Disorder Recovery**, 2019. TEENNF 616.8526 P497y  
This inclusive guidebook delivers friendly, conversational advice about eating disorders and body image, tools and information for recovery, and suggestions for dealing with family, friend and media messages.

Shapiro, Lawrence E. **Stopping the Pain: A Workbook for Teens Who Cut and Self-Injure**, 2008. TEENNF 616.8582 Sh529s  
Helps teens explore the reasons behind their need to hurt and focuses on positive ways to deal with issues of stress and control. It also gives teens various skills to help them regain control of their feelings and communicate with parents and counsellors.

Shea, John M. **Self Injury and Cutting: Stopping the Pain**, 2014. TEENNF 616.8582 Sh539s  
Written for young and older teens, this book defines self-injury, suggests ways to stop cutting and offers suggestions on how to help friends who self-injure.

### Fiction

Anderson, Laurie Halse. **Wintergirls**, 2009. TEEN  
Eighteen-year-old Lia comes to terms with her best friend's death from anorexia as she struggles with the same disorder.

Ballard, Alexandra. **What I Lost**, 2017. TEEN  
When sixteen-year-old Elizabeth is sent to the Wallingfield Psychiatric Facility's Residential Treatment Center, she encounters girls whose problems seem much greater than her own anorexia.

Boteju, Tanya. **Bruised**, 2021. TEEN  
Daya Wijesinghe sees a bruise as a mixture of comfort and control, but joining a roller derby team push her toward big truths about love, loss, strength, and healing.

Castle, Jennifer. **What Happens Now**, 2016. TEEN

Ari, working to overcome depression, enters into a summer romance with Camden, a boy she has long admired from afar.

Choi, Mary H. K. **Yolk**, 2021. TEEN

Struggling with emotional problems and an eating disorder, Jayne, a Korean American college student living in New York City, is estranged from her accomplished older sister June, until June gets cancer.

Foley, Jessie Ann. **You Know I'm No Good**, 2020. TEEN

Mia is officially a "Troubled Teen"--she gets bad grades, drinks too much, and has probably gone too far with too many guys. But she doesn't realize how out of control she seems until she is taken from her home in the middle of the night and sent away to Red Oak Academy, a therapeutic girls' boarding school in the middle of nowhere.

Glasgow, Kathleen. **Girl in Pieces**, 2016. TEEN

After surviving a suicide attempt, a fragile teen isn't sure she can endure without cutting herself. This novel explores teen self-harm and the healing power of artistic expression.

Haston, Meg. **Paperweight**, 2014. TEEN

Enduring regimented and intrusive treatment at an eating-disorder center, seventeen-year-old Stevie is haunted by guilt for her brother's fatal accident and secretly plans to commit suicide on the anniversary of his death.

Johnson, J. J. **Believarexic**, 2015. TEEN

An autobiographical novel in which fifteen-year-old Jennifer Johnson convinces her parents to commit her to the Eating Disorders Unit of an upstate New York psychiatric hospital in 1988, where the treatment for her bulimia and anorexia is not what she expects.

Pollen, Samuel. **The Year I Didn't Eat**, 2019. TEEN

Max is a 14-year-old dealing with anorexia. In his journal, he confesses his thoughts and feelings to 'Ana,' his eating disorder, which he hides from his mom in his geocache in the woods near his house. Two days later, he gets a reply. As his family unit cracks, Max's eating disorder intensifies, and Max and 'E' start swapping stories about their issues.

Rainfield, Cheryl. **Scars**, 2010. TEEN

Kendra is dealing with self-harm, stemming from memories of sexual abuse. This is a YALSA top pick for reluctant readers.