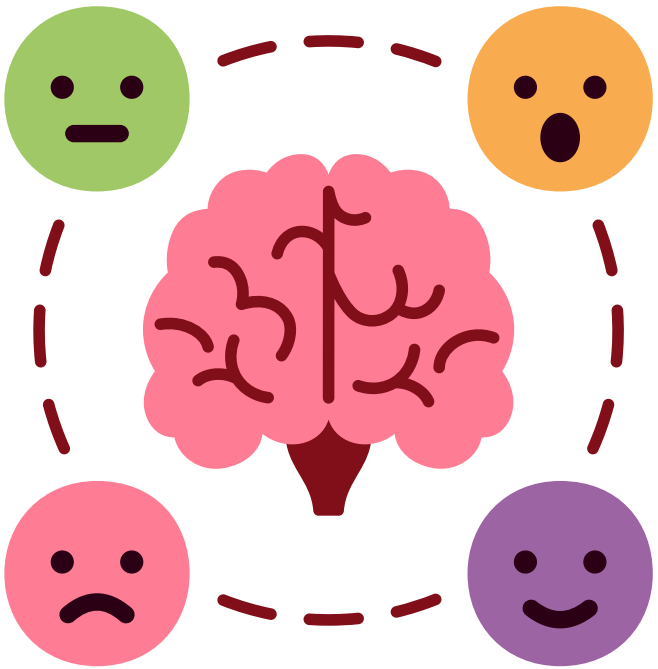
MOORESTOWN LIBRARY

Big Feelings

Books and resources for ages 8-14

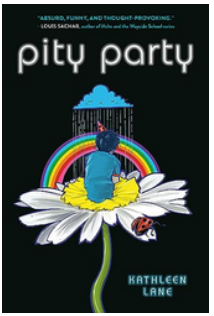


Updated 7/9/26

www.moorestownlibrary.org

J Arango - Iveliz Explains It All
by Andrea Beatriz Arango
Twelve-year-old Iveliz is managing her mental health and advocating for the help and understanding, but her new friend calls her crazy and her abuela Mimi dismisses the therapy and medicine Iveliz needs.

J Huett - Buster
by Caleb Zane Huett
Buster's a therapy dog who needs to take matters into his own paws to help a boy understand his own anxiety, even if it means breaking a few rules.



J Lane - Pity Party
by Kathleen Lane
A collection of darkly humorous stories exploring social anxieties, featuring a truth-telling mood ring and mysterious self-improvement packages, offering hope amid life's awkward middle school moments.

J Look - Alvin Ho Series
by Lenore Look
A young boy in Concord, Massachusetts, who loves superheroes and comes from a long line of brave Chinese farmer-warriors, wants to make friends, but first he must overcome his fear of everything.

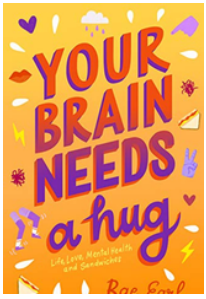
J Graphic Fiction Gonzalez - Invisible
by Christina Diaz Gonzalez
Five kids have nothing in common except they are viewed as troublemakers or "invisibles." Forced to complete community service, the students begin to bond. When they discover an undocumented family in need of help, the group unites to do the right thing.

T Graphic Fiction Oda- Komi Can't Communicate Series
by Tomohito Oda
Socially anxious student Shoko Komi is seen as aloof, and other students keep her at a distance. Only Tadano realizes the truth, and he decides to help her achieve her goal of making 100 friends.

T Graphic Fiction Telgemeier - Guts
by Raina Telgemeier
Raina wakes up with an upset stomach, but it's probably just a bug. When she returns to school and she's dealing with the usual highs and lows, it becomes clear that Raina's tummy trouble isn't going away.

J 152.46 Huebner - Outsmarting Worry
by Dawn Huebner
Worry has a way of growing, shifting from not-a-big-deal to a VERY BIG DEAL. This practical guide helps kids ages 9–13 build skills to manage and overcome worries and fears.

T 155.4 Guerra - How to Handle STRESS for Middle School Success
by Silvi Guerra PsyD
Middle school can be stressful. Learn about stress and anxiety, how it manifests physiologically and cognitively, and how to keep balance and cope with stress. (Kid Confident Book 3)



T 616.85 Earl -Your Brain Needs a Hug: Life, Love, Mental Health, and Sandwiches
by Rae Earl
My Mad Fat Diary author Rae Earl offers her personalized advice on the A to Zs of mental health, social media, family, and friendship.

J 616.89 Potion - Perfectly Imperfect Stories: Meet 28 Inspiring People and Discover Their Mental Health Stories
by Leo Potion
Discover how 28 icons have dealt with mental health issues to live inspiring lives.

J 618.92 Hoopmann - All Birds Have Anxiety
by Kathy Hoopmann
Life as a bird can be stressful! Through a humorous depiction of bird behavior, this book validates everyday experiences of anxietyand offers compassionate coping strategies.

T 618.92 Sperling - Find Your Fierce: How to Put Social Anxiety in its Place
by Jacqueline Sperling, PhD
A concise and practical guide for teens dealing with social anxiety.

Additional Resources

National Alliance on Mental Illness - Burlington County
Contains information, programs, and support groups on mental health for individuals and families of all ages. (namiburlingtonnj.org)

National Institute of Mental Health (Nimh.nih.gov)
Shareable resources on child and adolescent mental health.