



**National Library of Medicine**  
*Network of the National Library of Medicine*

**Diverse Voices**  
**Collection Development**  
**Resources**

**Adult Collection**  
(2023 Edition)

## Preface

The Diverse Voices in Health & Medicine Collection Development Project was borne of a funding opportunity offered by the Network of the National Library of Medicine (NNLM) Region 5, which serves the states of Alaska, Washington, Oregon, Nevada, California and Hawaii along with the U.S. Territories and Freely Associated States in the Pacific.

The award helps build collections that reflect voices of the communities served, as revealed through such genres as graphic medicine, fiction, nonfiction, memoirs, Young Adult, manuscripts (published and unpublished), oral histories and film. Expanding diverse voices in libraries (all types), public health agencies, academic programs, or community organizations ensures collection equity and supports health literacy by illuminating common or unique health issues facing underserved populations.

In all, NNLM Region 5 funded 27 Collection Equity Outreach Awards: 12 to public libraries, 11 to academic libraries, three to community-based organizations and one to a hospital library. Award recipients submitted final reports consisting of a bibliography of collection resources purchased, using a template created by NNLM staff to capture relevant bibliographic information. All 27 partner organizations returned these bibliographies, thus providing content for the Collection Development Resource. In total, awardees' bibliographies documented 1,400 unique resources purchased and shared. Each state in NNLM Region 5 is represented, as are myriad genres and formats.

A few caveats as you use this Resource:

- We chose not to use NLM's MeSH, LC's subject headings, Dewey Decimal or any other cataloging system but instead focused on terms that are commonly accepted and browsable. We asked Collection Equity awardees to state subject/topics for each bibliography resource as the initial starting point of our categorization. We sought and incorporated feedback from industry professionals and diverse colleagues within NNLM. We acknowledge that some terms may feel limiting to individual communities. The subject/topic headings used here are not intended to cause harm. In that spirit, if you find a term offensive or not representative, please reach out to [nnlm@uw.edu](mailto:nnlm@uw.edu) with your concerns. We want to hear from you.
- For authors, we used what was submitted on the bibliography, so if two books have five authors each, and one awardee submitted John Doe et al. and the other submitted John Smith, Joe, Smith, Jane Smith, Jim Smith and Joan Smith, that's how they are displayed for each title.
- For ISBNs, we used what was submitted and made every effort to indicate the format, e.g., "(eBook) ISBN." We tried our best to fact-check the ISBNs, but some absurdity likely crept in, and we apologize in advance for any incorrect ISBNs you might discover.

### Note for the 2023 Edition:

In 2023, we fixed small grammatical and style issues, expanded the subject list, and added over 500 additional materials and a Graphic Medicine Collection. These materials were submitted in bibliographies by 11 of the 27 original libraries.

### Acknowledgements

NNLM Region 5 would like to thank the 27 libraries and community-based organizations who poured their heart and soul into their Collection Equity Awards and so graciously submitted their "final report" bibliography of resources they purchased, knowing these lists would be used to create a Collection Development Resource. Your hard work and dedication to representing and growing the voices of all the individuals you serve is inspiring!

Board of Regents, Nevada System of Higher Education (NSHE) on behalf of the University of Nevada, Las Vegas Health Sciences Library. [UNLV HSL], Las Vegas, NV

Clark Library, University of Portland, Portland, OR

Clatskanie Library District, Clatskanie, OR

Everett Public Library, Everett, WA

Jackson County Library District, Medford, OR

Juneau Public Libraries, Juneau, AK

Kenai Community Library, Kenai, AK

Lee Graff Medical Library, Beckman Research Institute of Research of the City of Hope, Duarte, CA

Los Angeles County Department of Public Health, Los Angeles, CA

Monterey County Free Libraries, Marina, CA

Norris Medical Library, USC Libraries, University of Southern California, Los Angeles, CA

North Bend Public Library, North Bend, OR

Oregon Health & Science University, Portland, OR

Oregon Post Adoption Resource Center (ORPARC), Portland, OR; a program of NW Resource Associates

Pacific University, Forest Grove, OR

Paul J. Cushing Library at Holy Names University, Oakland, CA

PlaneTree Health Library, San Jose, CA

Portland State University Library, Portland, OR

Providence System Library Services; Providence St. Vincent Hospital & Medical Center, Portland, OR

Redwood City Public Library, Redwood City, CA

The Regents of the University of California, San Francisco, CA

San Bruno Public Library, San Bruno, CA

San Diego State University Research Foundation, San Diego, CA

Springfield Public Library, Springfield, OR

UAA/APU Consortium Library/Alaska Medical Library, Anchorage, AK

Wailuku Public Library, Wailuku, HI

Walla Walla Rural Library District, Walla Walla, WA

Lastly, NNLM Region 5 would like to thank Kristi Torp, MLS, for her can-do spirit, thoughtful questions, organizational skills and multi-tasking abilities in piecing the Diverse Voices Collection Development

resource together and Michele Spatz, MLS, for her creativity, leadership and dedication to bringing the overall NNLM Region 5 Diverse Voices Project to life.

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**Addiction and Recovery**  
**General Titles**

**Nonfiction**

**12 More Stupid Things That Mess Up Recovery**

by Allen Berger

Hazelden, 2016. 140 pages. ISBN: 978-1616496548

**12 Smart Things to Do When the Booze and Drugs Are Gone**

by Allen Berger

Hazelden, 2010. 192 pages. ISBN: 978-1592858217

**The 12 Step Prayer Book**

by Bill P.

Hazelden, 2019. 416 pages. ISBN: 978-1616498863

**12 Stupid Things That Mess Up Recovery**

by Allen Berger

Hazelden, 2008. 136 pages. ISBN: 978-1592854868

**Addict in the Family**

by Beverly Conyers

Hazelden, 2021. 225 pages. ISBN: 978-1616499556

**Addiction Free Naturally**

by Brigitte Mars

Healing Arts Press, 2020. 320 pages. ISBN: 978-1644111116

**Addictive Thinking**

by Abraham Twerski

Hazelden, 1997. 136 pages. ISBN: 978-1568381381

**Alcoholics Anonymous Big Book Large Print**

Alcoholics Anonymous

AA World Service, 2001. 575 pages. ISBN: 978-1893007185

**Alcoholics Anonymous Big Book Pocket Edition**

Alcoholics Anonymous

AA World Service, 1986. 191 pages. ISBN: 978-0916856595

**Alcoholics Anonymous Big Book**

Anonymous

AA World Service, 2001. 576 pages. ISBN: 978-1893007178

**As Bill Sees It Hardcover**

by Bill W.

AA World Service, 1973. 332 pages. ISBN: 978-0916856038

**Back to Basics**

by Wally P.

Faith with Works, 2006. 148 pages. ISBN: 978-0965772013

**Being Sober**

by Harry Haroutunian

Rodale, 2013. 272 pages. ISBN: 978-0593236239

**Body Mind and Spirit**

Anonymous

Hazelden, 1990. 384 pages. ISBN: 978-1568380773

**Commitment to Sobriety**

by Martin Fleming

Johnson Institute, 1991. 40 pages. ISBN: 978-1562460235

**Cornerstones**

by Victor La Cerva

Hazelden, 2018. 400 pages. ISBN: 978-1616497620

**Criminal and Addictive Thinking Workbook**

by Hazelden & Minnesota Department of Corrections

Hazelden, 2019. 200 pages. ISBN: 978-1616497903

**A Day at a Time**

by Anonymous

Hazelden, 1989. 400 pages. ISBN: 978-1568380360

**Days of Healing, Days of Joy**

by Earnie Larsen

Hazelden, 1987. 400 pages. ISBN: 978-0894864551

**The Devil's Playbook**

by Lauren Etter

Crown Publishing Group NY, 2021. 496 pages. ISBN: 978-0593237984



**Drop the Rock**

by Bill P.

Hazelden, 2005. 132 pages. ISBN: 978-1592851614

**Each Day a New Beginning**

by Karen Casey

Hazelden, 1982. 400 pages. ISBN: 978-0894861611

**Easy Does It**

Anonymous

Hazelden, 1990. 400 pages. ISBN: 978-1568385075

**Find Your Light**

by Beverly Conyers

Hazelden, 2020. 168 pages. ISBN: 978-1616498030

**From the Ashes: My Story of Being Indigenous, Homeless, and Finding My Way**

by Jesse Thistle

Atria Books, 2021. 354 pages. ISBN: 978-1982182946

*\*Collocated: Indigenous Peoples*

**A Gentle Path through the Twelve Steps Updated and Expanded**

by Patrick Carnes

Hazelden, 2012. 340 pages. ISBN: 978-1592858439

**Get Your Loved One Sober**

by Robert Meyers

Hazelden, 2004. 250 pages. ISBN: 978-1592850815

**Getting Started in AA**

by Hamilton B.

Hazelden, 1995. 228 pages. ISBN: 978-1568380919

**Introducción al tratamiento**

**(Introduction to Treatment Workbook)**

Minnesota Department of Corrections

Hazelden, 2019. 124 pages. ISBN: 978-1616497965

**Español**

**An Introductory Guide to Narcotics Anonymous**

Narcotics Anonymous

Narcotics Anonymous World Services, 1991. 136 pages. ISBN: 978-1557761484

**It Takes a Family**

by Debra Jay

Hazelden, 2021. 340 pages. ISBN: 978-1616499129

**Just for Today**

Narcotics Anonymous

Narcotics Anonymous World Services, 1992. 389 pages. ISBN: 978-1557761514

**Keep It Simple**

Anonymous

Hazelden, 1989. 400 pages. ISBN: 978-0894866258

**The Language of Letting Go**

by Melody Beattie

Hazelden, 1990. 393 pages. ISBN: 978-0894866371

**El lenguaje del adiós**

**(The Language of Goodbye)**

by Melody Beattie

Grupo Patria Cultural, 2016. 432 pages. ISBN: 978-6070400445

**Español**

**El libro grande de Alcoholicos Anonimos**

**(Alcoholics Anonymous Big Book)**

World Services AA

AA World Service, 2008. 528 pages. ISBN: 978-1893007956

**Español**

**Life with Hope**

Marijuana Anonymous

Marijuana Anonymous, 2020. 232 pages. ISBN: 978-0976577935

**Life with Hope 12 Step Workbook**

Marijuana Anonymous

Marijuana Anonymous, 2020. 72 pages. ISBN: 978-0976577911

**The Little Red Book**

Anonymous

Hazelden, 1967. 160 pages. ISBN: 978-0894860041

**The Little Red Book for Women**

Anonymous

Hazelden, 2004. 156 pages. ISBN: 978-1592850822

**Living the Twelve Traditions in Today's World**  
by Michael Fitzpatrick  
Hazelden, 2012. 240 pages. ISBN: 978-1616491963

**Llegamos a creer  
(We Came to Believe)**  
Alcoholics Anonymous  
AA World Service, 1987. 200 pages. ISBN: 978-0916856212

**Español**

**Love First**  
by Jeff Jay  
Hazelden, 2021. 340 pages. ISBN: 978-1616499099

**A Man's Way through the Twelve Steps**  
by Dan Griffin  
Hazelden, 2009. 288 pages. ISBN: 978-1592857241

**Mindfulness and the 12 Steps**  
by Thérèse Jacobs-Stewart  
Hazelden, 2010. 208 pages. ISBN: 978-1592858200

**NA, It Works How and Why**  
World Service Office  
Narcotics Anonymous World Services, 1993. 221 pages. ISBN: 978-1557761811

**Narcóticos Anónimos texto básico  
(Narcotics Anonymous Basic Text)**  
by World Service Office  
Narcotics Anonymous World Services, 2010. 446 pages. ISBN: 978-1557768407

**Español**

**Narcotics Anonymous**  
by Anonymous  
Narcotics Anonymous World Services, 2008. 425 pages. ISBN: 978-1557767356

**A New Direction: Alcohol and Other Drug Education Workbook**  
by Hazelden & Minnesota Department of Corrections  
Hazelden, 2019. 175 pages. ISBN: 978-1616497927

**A New Direction: Introduction to Treatment Workbook**  
by Hazelden & Minnesota Department of Corrections  
Hazelden, 2019. 124 pages. ISBN: 978-1616497910

**Night Light**

by Amy Dean

Hazelden, 1986. 400 pages. ISBN: 978-0894863813

**Pensamiento adictivo y criminal  
(Criminal and Addictive Thinking Workbook)**

Hazelden

Hazelden, 2019. 200 pages. ISBN: 978-1616497989

**A Program for You**

by Anonymous

Hazelden, 1991. 192 pages. ISBN: 978-0894867415

**Recovering My Kid**

by Joseph Lee

Hazelden, 2012. 250 pages. ISBN: 978-1616492649

**Reduce Craving**

by Katrin Schubert

Hazelden, 2016. 160 pages. ISBN: 978-1616496371

**Rein In Your Brain**

by Cynthia Tuohy

Hazelden, 2013. 240 pages. ISBN: 978-1616494674

**Relieve Stress**

by Katrin Schubert

Hazelden, 2016. 120 pages. ISBN: 978-1616496388

**The Red Road to Wellbriety: In the Native American Way**

by White Bison

White Bison, Inc, 2006. 299 pages. ISBN: 978-0971990401

*\*Collocated: Native Americans*

**Sober but Stuck**

by Dan F.

Hazelden, 1991. 228 pages. ISBN: 978-1568380780

**Sober Dad**

by Michael Graubart

Hazelden, 2017. 226 pages. ISBN: 978-1616497002

**Español**

**A Sober Mom's Guide to Recovery**

by Rosemary O'Connor

Hazelden, 2015. 192 pages. ISBN: 978-1616496029

**Staying Sober: A Guide for Relapse Prevention**

by Terence Gorski

Herald House, 1987. 227 pages. ISBN: 978-0830904594

**Staying Sober: Tips for Working a Twelve Step Program of Recovery**

by Meredith Gould

Hazelden, 1999. 200 pages. ISBN: 978-1568383408

**Stools and Bottles**

Anonymous

Hazelden, 1967. 159 pages. ISBN: 978-0894860270

**Stress and Recovery**

by Patricia Hoolihan

Hazelden, 1984. 24 pages. ISBN: 978-0894862366

**Tending Dandelions**

by Sandra Swenson

Hazelden, 2017. 250 pages. ISBN: 978-1616497200

**Three Simple Rules**

by Michael Graubart

Hazelden, 2018. 136 pages. ISBN: 978-1616497767

**Twelve Steps and Twelve Traditions**

Alcoholics Anonymous

AA World Service, 1973. 192 pages. ISBN: 978-0916856014

Large Print 9780916856458

**Twenty-Four Hours a Day**

Anonymous

Hazelden, 1954. 366 pages. ISBN: 978-0894860126

**Unwelcome Inheritance**

by Lisa Woititz

Hazelden, 2015. 192 pages. ISBN: 978-1616495909

**The Urge: Our History of Addiction**

by Carl Erik Fisher

Penguin Press, 2022. 400 pages. ISBN: 978-0525561446

**Walk in Dry Places**

by Mel B.

Hazelden, 1996. 400 pages. ISBN: 978-1568381275

**A Woman's Way through the Twelve Steps**

by Stephanie Covington

Hazelden, 1994. 264 pages. ISBN: 978-0894869938

**Yesterday's Tomorrow**

by Barry Longyear

Hazelden, 1997. 342 pages. ISBN: 978-1568381602

**Graphic Novels****My Alcoholic Escape from Reality**

by Kabi Nagata (Author, Artist), Jocelyne Allen (Translator), Lianne Sentar (Adapter), Karis Page (Illustrator), Gwen Silver (Illustrator)

Seven Seas Entertainment, 2021. 133 pages. ISBN: 978-1645059998

Translated from Japanese

*\*Collocated: Asian & Asian Americans*

**Video & Film Recordings****Dosed**

by Tyler Chandler

Abramorama Selects, 2021. 83 minutes. DVD.

**For Walter and Josiah**

by Jamie Eliassaint

Buffalo 8, 2023. 75 minutes. DVD.

**Love In the Time of Fentanyl**

by Colin Askey

Collective Eye Films, 2023. 80 minutes. DVD.

**The Stairs**

by Hugh Gibson

Grasshopper Film, 2022. 95 minutes. DVD.

**Who We Are: Life Loss & Hope in the Opioid Epidemic**

by Nicholas Brewer

EPF Media, 2021. 27 minutes. DVD.

**Aging  
General Titles**

**Nonfiction**

**Aging with Agency: Building Resilience, Confronting Challenges, and Navigating Eldercare**

by Sandi Peters

Random House, 2020. 280 pages. eBook ISBN: 978-1623174378

**Better Balance for Life**

by Carol Clements

Workman Publishing, 2018. Unpaged. eBook ISBN: 978-1615194261

**Embrace Aging: Conquer Your Fears and Enjoy Added Years**

by Jeannette Guerrasio, MD

Rowman and Littlefield Publishing Group, 2022. 280 pages. eBook ISBN: 978-1538164211

**From Strength to Strength: Finding Success, Happiness, and Deep Purpose in the Second Half of Life**

by Arthur C. Brooks

Portfolio/Penguin, 2022. 252 pages. ISBN: 978-0593191484

**I Remember Nothing: and Other Reflections**

by Nora Ephron

Knopf, 2010. 135 pages. ISBN: 978-0307595607

**Manual of Healthy Longevity & Wellbeing**

by Luigi Fontana

Hardie Grant Books, 2023 215 pages. ISBN: 978-1743796825

**Midlife Crisis**

by Clara Dakota

Austin Macauley, 2022. 68 pages. ISBN: 978-1398422285

**Natural and Home Remedies for Aging Well**

by Bottom Line Inc.

Sourcebooks, 2018. 346 pages. eBook ISBN: 978-1492665816

**The Neuroscience of Memory: Seven Skills to Optimize Your Brain Power, Improve Memory, and Stay Sharp at Any Age**

by Sherrie D. All

New Harbinger, 2021. 183 pages. eBook ISBN: 978-1684037445

**The New Old Me: My Late-Life Reinvention**

by Meredith Maran

Blue Rider Press, 2017. 288 pages. ISBN: 978-0399574139

**Superaging**

by David Cravit

Flashpoint, 2023 236 pages. ISBN: 978-1954854864

**Transformations in Queer, Trans, and Intersex Health and Aging**

by Alexandra C.H. Nowakowski

Lexington Books, 2020. 100 pages. eBook ISBN: 978-1793616357

*\*Collocated: LGBTQIA+ Health*

**True Age**

by Morgan Levine

Avery Pub Group, 2023 294 pages. ISBN: 978-0593542767

**Understanding Racial and Ethnic Differences in Health in Late Life: A Research Agenda**

by Rodolfo A. Bulatao

Natl Academy Press, 2004. 169 pages. ISBN: 978-0309092470

*\*Collocated: Health Topics for People of Color*

**Women Rowing North: Navigating Life's Currents and Flourishing as We Age**

by Mary B. Pipher

Bloomsburg Publishing, 2019. 272 pages. ISBN: 978-1632869623

**Yoga for Healthy Aging: A Guide to Lifelong Well-Being**

by Baxter Bell & Nina Zolotow

Random House, 2017. Unpaged. eBook ISBN: 978-0834841222

*\*Collocated: Fitness & Exercise*

**Graphic Novels**

**The Summer of Her Life**

by Thomas von Steinaecker

SelfMadeHero, 2020. 73 pages. ISBN: 978-1910593783

(Translated from German)

**Things to Do in a Retirement Home Trailer Park**

by Nye Wright

Penn State University Press, 2015. 306 pages. ISBN: 978-0271071121



## Video & Film Recordings

### **The Art of Aging: A Prescription for Mind and Body**

by Brian Carpenter

Dreamscape Media, 2021 48 minutes. DVD.

**Body Systems and Diseases**  
**General Titles**

**Nonfiction**

**Breathing Lessons: A Doctor's Guide to Lung Health**

by MeiLan K. Han

W.W. Norton & Company, 2022. 176 pages. ISBN: 978-0393866629

**Graphic Novels**

**Medicina pop**  
**(Pop Medicine)**

by Yo Doctor

Plan B, 2020. 112 pages. ISBN: 978-8417809614

**Español**

**Body Systems and Diseases  
Alzheimer's Disease & Dementia**

**Fiction**

**Morningside Heights**

by Joshua Henkin

Atheneom books, 2021. 304 pages. ISBN: 978-1524748357

**Nonfiction**

**The 30-Day Alzheimer's Solution: The Definitive Food and Lifestyle Guide to Preventing Cognitive Decline**

by Dean Sherzai

HarperOne, 2021. 248 pages. ISBN: 978-0062996954

**The 36-Hour Day: A Family Guide to Caring for Persons with Alzheimer Disease, Related Dementing Illnesses, and Memory Loss in Later Life**

by Nancy L. Mace

Johns Hopkins University Press, 2021. 341 pages. ISBN: 978-1421441719

ISBN: 978-0801865213 Large Print

**Dementia Prevention**

by Emily Clionsky

John Hopkins University Press, 2023. 261 pages. ISBN: 978-1421446257

**A Loved One with Dementia**

by Jean Rawitt

Rowman & Littlefield, 2020. 150 pages. ISBN: 978-1538136980

**What You Need to Know About Alzheimer's Disease**

by Matthew Domico

Greenwood Pub Group, 2022. 202 pages. ISBN: 978-1440870316

**Graphic Novels**

**Tangles: A Story About Alzheimer's, My Mother, and Me**

by Sarah Leavitt

WW Norton, 2010. 127 pages. ISBN: 978-1616086398

## Video & Film Recordings

### **Determined (Fighting Alzheimer's)**

by Melissa Godoy

PBS, 2022. 55 minutes, DVD.

## Body Systems and Diseases Anatomy and Physiology

### Nonfiction

#### **Comó funciona el cuerpo humano (How the Human Body Works)**

by Various Authors

DK Publishing, 2018. 256 pages. ISBN: 978-1465478795

**Español**

#### **The Complete Human Body**

by Alice Roberts

DK, 2023. 536 pages. ISBN: 978-0744073676

#### **El gran libro del cuerpo humano (The Big Book of the Human Body)**

by Alice Roberts

DK Publishing, 2018. 528 pages. ISBN: 978-1465478788 Nonfiction

**Español**

#### **Immune: A Journey into The Mysterious System That Keeps You Alive**

by Philipp Dettmer

Random House. 2021. 341 pages. ISBN: 978-0593241318

### Graphic Novels

#### **Cells at Work: Baby! Volume 1**

by Yasuhiro Fukuda & Akane Shimizu

Kodansha Advanced Media LLC, 2021. 160 pages. ISBN: 978-1646512027

eBook ISBN: 978-1646595556

#### **Cells at Work: Baby! Volume 2**

by Yasuhiro Fukuda & Akane Shimizu

Kodansha Advanced Media LLC, 2021. 176 pages. ISBN: 978-1646512034

eBook ISBN: 978-1646598205

**Body Systems and Diseases**  
**Autoimmune & Chronic Illness**

**Nonfiction**

**The Invisible Kingdom: Reimagining Chronic Illness**

by Meghan O'Rourke

Riverhead Books, 2022. 336 pages. ISBN: 978-1594633799

**What Doesn't Kill You: A Life with Chronic Illness- Lessons from A Body in Revolt**

by Tessa Miller

Henry Holt, 2022. 320 pages. ISBN: 978-1250751478

**Graphic Novels**

**Chlorine Gardens**

by Keiler Roberts

Koyama Press, 2018. 128 pages. ISBN: 978-1927668580

*\*Collocated: Mental Health & Psychology*

**The Infinite Wait and Other Stories**

by Julia Wertz

Koyama Press, 2012. 228 pages. ISBN: 978-0987963024

**A Matter of Appearance: A Memoir**

by Emily Wells

Seven Stories Press, 2023. 191 pages. ISBN: 978-1644212769

*\*Collocated: Heart & Circulation*

**My Begging Chart**

by Keiler Roberts

Drawn & Quarterly, 2021. 153 pages. ISBN: 978-1770464582

*\*Collocated: Nervous System Diseases*

**Audio & Sound Recordings**

**Mayo Clinic Guide to Fibromyalgia**

by Andy Abril

Recorded Books, 2020. 630 minutes. CD Audiobook.

**Body Systems and Diseases**  
**Brain Disorders**

**Nonfiction**

**Dyscalculia: A Love Story of Epic Miscalculation**

by Camonghne Felix

One World/Ballantine, 2023. 224 pages. ISBN: 978-0593242179

**Graphic Novels**

**Coma**

by Zara Slattery

Myriad Editions, Hove, 2021. 271 pages. ISBN: 978-1912408665

**Epileptic**

by David B.

Pantheon, 2006. 368 pages. ISBN: 978-0375714689

**Mirror Mind: Growing Up Dyslexic**

by Tory Woollcott

2009. Unpaged. ISBN: 978-0981276601

*\*Collocated: Young Adult Collection*

**Parenthesis**

by Elodie Durand

Top Shelf Productions, 2021. 222 pages. ISBN: 978-1603094818

eBook ISBN: 978-1684069590

**Take Care, Son**

by Tony Husband

Constable and Robinson, 2014. 64 pages. ISBN: 978-1472115560

**Body Systems and Diseases**  
**Cancers**

**Nonfiction**

**Applying Big Data to Address the Social Determinants of Health in Oncology**

National Academies Press, 2020. 61 pages. ISBN: 978-0309679060

*\*Collocated: Public Health*

**Beat Cancer Kitchen**

by Chris Wark

Hay House, 2023. 241 pages. ISBN: 978-1401965211

*\*Collocated: Cookbooks*

**The Black Woman's Breast Cancer Survival Guide**

by Cheryl Holloway

Praeger, 2017. 203 pages. ISBN: 978-1440856082

*\*Collocated: Black & African Americans*

**Breast Cancer Facts, Myths, and Controversies**

by Madelon L. Finkel

Praeger Pub Text, 2021. 240 pages. ISBN: 978-1440875137

**Cancer Health Equity Research**

by Marvella E. Ford

Academic Press, 2020. 246 pages. ISBN: 978-0128201763

**Cancer Navigation: Charting the Path Forward for Low Income Women of Color**

by Anjanette Wells

Oxford University Press, 2022. 182 pages. ISBN: 978-0190672867

*\*Collocated: Health Equity*

**El cancer y la nueva biología del agua  
(Cancer and the New Water Biology)**

by Thomas Cowan

Editorial Sirio, 2021. 256 pages. ISBN: 978-8418531132

**Español**

**El código del cáncer  
(The Cancer Code)**

by Jason Fung

Editorial Sirio, 2022. 400 pages. ISBN: 978-8418531507

**Español**



**Crying in H Mart**

by Michelle Zauner

Alfred a Knop Inc., 2021. 239 pages. ISBN: 978-0525657743

**Moving Through Cancer: An Exercise and Strength-Training Program for the Fight of Your Life**

by Kathryn Schmitz

Chronicle prism, 2021. 272 pages. ISBN: 978-1797210254

**Talking To My Tatas: All You Need to Know from a Breast Cancer Researcher and Survivor**

by Dana Brantley-Sieders

Rowman & Littlefield Publishers, 2022. 292 pages. ISBN: 978-1538155103

**Graphic Novels**

**Algo extraño me pasó camino de casa**

**(Something Strange Happened to Me on the Way Home)**

by Miguel Gallardo

Astiberri Ediciones, 2021. 80 pages. ISBN: 978-8418215339

**Español**

**Cancer Made Me a Shallower Person**

by Miriam Engelberg

HarperCollins, 2006. 126 pages. ISBN: 978-0060789732

**Cancer Vixen: A True Story**

by Marisa A. Marchetto

Pantheon Books, 2009. 211 pages. ISBN: 978-0375714740

eBook: 9781101870556

**In Waves**

by AJ Dungo

Nobrow, 2019. 368 pages. ISBN: 978-1910620632

**Kimiko Does Cancer: A Graphic Memoir**

by Kimiko Tobimatsu

Arsenal Pulp Press, 2020. 94 pages. ISBN: 978-1551528199

*\*Collocated: Asian & Asian Americans and LGBTQIA+ Health*

**Lissa: A Story About Medical Promise, Friendship, and Revolution**

by Sherine Hamdy & Coleman Nye

University of Toronto Press, 2017. 304 pages. ISBN: 978-1487593483

**Mom's Cancer**

by Brian Fies

Harry N Abrams, 2006. 136 pages. ISBN: 978-1613122419

**My Diary**

by Mio Matsumoto

Jonathon Cape, 2008. 200 pages. ISBN: 978-0224084437

**Our Cancer Year**

by Harvey Pekar & Joyce Brabner

Running Press, 1994. 252 pages. ISBN: 978-1568580111

**Stargazing**

by Jen Wang

First Second, 2019. 208 pages. ISBN: 978-1250183873

**Stitches: A Memoir**

by David Small

WW Norton, 2016. 336 pages. ISBN: 978-0393634334

## Body Systems and Diseases

### Diabetes

#### Nonfiction

##### **Diabetes Sourcebook, 8th Ed.**

by Kevin Hayes

Omnigraphics, 2021. 600 pages. ISBN: 978-0780819726

##### **Diabetes: A History of Race and Disease**

by Arleen M. Tuchman

Yale University Press, 2020. 266 pages. ISBN: 978-0300228991

##### **Take Control of Your Diabetes Risk**

by John J. Whyte

Harper Horizon, 2022. 288 pages. ISBN: 978-0785240679

##### **What You Need to Know About Diabetes**

by Tish Davidson

Greenwood Pub Group, 2020. 176 pages. ISBN: 978-1440868603

##### **Winning with Diabetes**

by Mark D. Corriere

Johns Hopkins University Press, 2023. 180 pages. ISBN: 978-1421445588

#### Graphic Novels

##### **Martin Peters: A Graphic Novel**

by Patrick Allaby

Conundrum Press, 2019. Unpaged. ISBN: 978-1772620382

#### Video & Film Recordings

##### **Diabetes and Exercise**

Roberta Anding

Idea Health and Fitness Association, 2011. 74 minutes. DVD.

*\*Collocated: Fitness & Exercise*

##### **Blood Sugar Rising**

Directed by David Alvarado

PBS, 2020. 120 minutes. DVD.

**Body Systems and Diseases**  
**Digestive System**

**Nonfiction**

**Heal Your Leaky Gut Diet and Meal Plan**

by David Brownstein

Humanix Pub LLC, 2023. 170 pages. ISBN: 978-1630062217

*\*Collocated: Cookbooks*

**Audio & Sound Recordings**

**Mayo Clinic on Digestive Health**

by Sahil Khanna

Recorded Books, 2020. 445 minutes CD Audiobook.

**Body Systems and Diseases**  
**Fetal Alcohol Spectrum Disorders**

**Nonfiction**

**Dando sentido a la locura: guía de supervivencia para el TEAF**  
**(Making Sense of the Madness: An FASD Survival Guide)**

**Español**

by Jeff Noble

CreateSpace Independent Publishing Platform, 2016. 124 pages. ISBN: 978-1533117472

**TEAF recetas para no perder la cabeza:**

**Español**

**Un catálogo de conocimiento colectivo e ideas que te harán decir “hmmm”**  
**(FASD Sound Bites and Sanity Savers)**

by Jeff Noble

CreateSpace Independent Publishing Platform, 2016. 130 pages. ISBN: 978-1533087386

**Body Systems and Diseases**  
**Genetic Disorders**

**Nonfiction**

**Normal: A Mother and Her Beautiful Son**

by Magdalena M. Newman

Houghton Mifflin Harcourt, 2020. 260 pages. ISBN: 978-1328593122

**Graphic Novels**

**Hole in the Heart: Bringing Up Beth**

by Henny Beaumont

Penn State University Press, 2016. 273 pages. ISBN: 978-0271077406

*\*Collocated: Parenting*

**Ronan and the Endless Sea of Stars**

by Rick Louis

Harry N. Abrams, 2022. 160 pages. ISBN: 978-1419751080

**Body Systems and Diseases**  
**Heart and Circulation**

**Nonfiction**

**Heart: A History**

by Sandeep Jauhar

Farrar, Straus and Giroux, 2018. 269 pages. ISBN: 978-0374168650

*\*Collocated: Healthcare Professions*

**A Matter of Appearance: A Memoir**

by Emily Wells Seven Stories Press, 2023. 191 pages. ISBN: 978-1644212769

*\*Collocated: Autoimmune & Chronic Illness*

**The Open Heart Club: A Story About Birth and Death and Cardiac Surgery**

by Gabriel Brownstein

PublicAffairs, 2019. 355 pages. ISBN: 978-1610399494

**Audio & Sounds Recordings**

**Understanding the Heart**

by Stephen Hussey, (narrated by Bob Souer)

Dreamscape Media LLC, 2022. 589 minutes. Audio CD ISBN: 978-1666608489

**Body Systems and Diseases**  
**HIV/AIDS**

**Fiction**

**Full Disclosure**

by Camryn Garrett

Ember, 2020. 320 pages. ISBN: 978-1984829986

**Nonfiction**

**All the Young Men: A Memoir of Love, AIDS, and Chosen Family in the American South**

by Ruth C. Burks

Grove, 2021. 368 pages. ISBN: 978-0802157256

*\*Collocated: LGBTQIA+ Health*

**And the Band Played On: Politics, People, and the AIDS Epidemic**

by Randy Shilts

St. Martin's Press, 2007. 630 pages. ISBN: 978-0312374631

*\*Collocated: LGBTQIA+ Health*

**The Bartlett Pocket Guide to HIV/AIDS Treatment 2021**

by Paul A. Pham

Ppham and Jbriggs LLC, 2021. 124 pages. ISBN: 978-0996733366

**Hidden Mercy: AIDS, Catholics and the Untold Stories**

by Michael J. O'Loughlin

Broadleaf Books, 2021. 281 pages. ISBN: 978-1506467702

*\*Collocated: LGBTQIA+ Health*

**How to Survive a Plague: The Story of How Activists and Scientists Tamed AIDS**

by David France

Vintage, 2017. 640 pages. ISBN: 978-0307745439

*\*Collocated: LGBTQIA+ Health*

**Let the Record Show: A Political History of Act Up New York**

by Sarah Schulman

Picador, 2022. 752 pages. ISBN: 978-1250849120

*\*Collocated: LGBTQIA+ Health*



**To Make the Wounded Whole: The African American Struggle against HIV/AIDS**

by Dan Royles

The University of North Carolina Press, 2020. 319 pages. ISBN: 978-1469661339

*\*Collocated: Black & African Americans*

**When We Rise: My Life in the Movement**

by Cleve Jones

Hachette Books, 2017. 291 pages. ISBN: 978-0316315418

*\*Collocated: LGBTQIA+ Health*

**Graphic Novels**

**Blue Pills: A Positive Love Story**

by Frederik Peeters

Jonathan Cape, 2008. 190 pages. ISBN: 978-0224082396

**Pedro and Me: Friendship, Loss, and What I Learned**

by Judd Winick

Henry Holt, 2009. 192 pages. ISBN: 978-0805089646

**Taking Turns: Stories from HIV/AIDS Care Unit 371**

by MK Czerwiec

Penn State University Press, 2017. 213 pages. ISBN: 978-0271079677

**Body Systems and Diseases**  
**Nervous System Diseases**

**Fiction**

**Every Note Played: A Novel**

by Lisa Genova

Scout Press, 2019. 307 pages. ISBN: 978-1476717814

**Nonfiction**

**What You Need to Know About ALS**

by Harry Levine III

Greenwood Pub Group, 2019. 149 pages. ISBN: 978-1440863561

**Graphic Novels**

**Last Things: A Graphic Memoir of Loss and Love**

by Marissa Moss

Conari Press, 2017. 176 pages. ISBN: 978-1633410596

**My Begging Chart**

by Keiler Roberts

Drawn & Quarterly, 2021. 153 pages. ISBN: 978-1770464582

*\*Collocated: Autoimmune & Chronic Illness*

**My Degeneration: A Journey Through Parkinson's**

by Peter Dunlap-Shohl

Penn State University Press, 2015. 96 pages. ISBN: 978-0271078953

**Spiral Cage**

by Al Davison

Active Images, 2003. 144 pages. ISBN: 978-0974056715

**Us Two Together**

by Ephameron

Penn State University Press, 2019. 232 pages. ISBN: 978-0271084916

## Body Systems and Diseases

### Pain

#### Nonfiction

**El estrés, otras alteraciones emocionales y tu dolor de espalda  
(Stress, Other Emotional Disturbances and Your Back Pain)**

by Roberto Junquera

Obelisco, 2022. 162 pages. ISBN: 978-8491119173

Español

**Not Weakness: Navigating the Culture of Chronic Pain**

by Francesca Grossman

She Writes Press, 2023. 256 pages. ISBN: 978-1647424770

**Pain Management**

by Myrna Goldstein

Green Wood Pub Group, 2020. 386 pages. ISBN: 978-1440876950

**Talking Back: How to Overcome Chronic Back Pain and Rebuild Your Life**

by Rowland Hazard

Rowman & Littlefield, 2021. 160 pages. ISBN: 978-1538146651

**What You Need to Know About Headaches**

by Claudio Buttice

Greenwood Pub Group, 2022. 196 pages. ISBN: 978-1440875311

#### Graphic Novels

**Pain Is Really Strange**

by Steve Haines (Author), Sophie Standing (Artist)

Singing Dragon, 2015. 32 pages. ISBN: 978-1848192645

**Body Systems and Diseases**  
**Pandemics and Epidemics (Widespread Disease)**

**Nonfiction**

**From TB to AIDS: Epidemics Among Urban Blacks Since 1900**

by David McBride

State University of New York Press. 1991. 254 pages. ISBN: 978-0791405291

*\*Collocated: Black & African Americans*

**Historia de las epidemias en México**

**Español**

**(History of Epidemics in Mexico)**

by José N. Iturriaga

Penguin Random House Grupo Editorial, S.A.U., 2020. 230 pages. ISBN: 978-6073197168

eBook ISBN: 978-6073197755

*\*Collocated: Hispanic or Latine*

**The Myth of Closure: Ambiguous Loss in a Time of Pandemic and Change**

by Pauline Boss

W.W. Norton & Company, 2021. 192 pages. ISBN: 978-1324016816

*\*Collocated: Mental Health & Psychology*

**Resiliencia para pandemias**

**Español**

**(Resilience for Pandemics)**

by Alejandra Crail

Grijalbo, 2021. 257 pages. ISBN: 978-6073801829

*\*Collocated: Mental Health & Psychology*

**La salud mental en tiempo de la pandemia**

**Español**

**(Mental Health in the Times of the Pandemic)**

by Paul Valent

Tektime, 2021. 108 pages. ISBN: 978-8835425052

*\*Collocated: Mental Health & Psychology*

**Unheard Voices of the Pandemic: Narratives from the First Year of COVID-19**

by Dao X. Tran

2021. 107 pages. ISBN: 978-1642597134

**The Vaccine: Inside the Race to Conquer the Covid-19 Pandemic**

by Joe Miller

St. Martin's Press, 2022. 278 pages. ISBN: 978-1250280367

**Viral Loads: Anthropologies of Urgency in the Time of Covid-19**

by Lenore Manderson

UCL Press, 2021. 466 pages. ISBN: 978-1800080256

**Graphic Novels**

**Covid Chronicles: A Comics Anthology**

by Kendra Boileau

Penn State University Press, 2021. 279 pages. ISBN: 978-0271090146

**Efectos secundarios: 19 historietas del Covid**

**(Side Effects: 19 Covid Comics)**

by Various

Astiberri Ediciones, 2021. 120 pages. ISBN: 978-8418215933

**Español**

**Pandemia: La visión de los mejores artistas del comic independiente  
Americano**

**(Pandemic: The Vision of the Best American Independent Comic Artists)**

by Various

Comics de no ficción para tiempos, 2021. 102 pages. ISBN: 978-8412265736

**Español**

**Video & Film Recordings**

**Covid-19 Employee Mental Health**

TMW Media Group, 2020. 9 minutes. DVD.

*\*Collocated: Mental Health & Psychology*

**Audio & Sound Recordings**

**Historia de las epidemias en México**

**(History of Epidemics in Mexico)**

by José N. Iturriaga (narrated by Erik Jam)

Penguin Random House Grupo Editorial, S.A.U., 2021. 06:09:30. eAudio ISBN: 978-6073810883

*\*Collocated: Hispanic or Latine*

**Español**

**Body Systems and Diseases**  
**Sleep**

**Nonfiction**

**Alimenta el sueño para un cerebro sano**  
**(Feed Your Sleep for a Healthy Brain)** **Español**

by Raquel Marin  
Roca Editorial, 2022. 237 pages. ISBN: 978-8418870750

**El arte de dormir**  
**(The Art of Sleeping Well)** **Español**

by Rob Hobson  
Editorial Sirio, 2020. 179 pages. ISBN: 978-8418000409

**El buen dormir**  
**(The Good Sleep)** **Español**

by Pere Leon  
Urano, 2018. 192 pages. ISBN: 978-8416720330

**Dormir inteligentemente**  
**(Sleep Smart)** **Español**

by Shawn Stevenson  
Editorial Edaf, 2019. 331 pages. ISBN: 978-8441439290

**Improve Sleep**  
by Katrin Schubert  
Hazelden, 2017. 157 pages. ISBN: 978-1616497224

**Insomnia Doc's Guide to Restful Sleep**  
by Kristen Casey  
Mango, 2023. 248 pages. ISBN: 978-1684810659

**Sleep**  
by Christine Parsons  
Johns Hopkins University Press, 2023. 60 pages. ISBN: 978-1421446080

**The Sleep Fix: Practical, Proven, and Surprising Solutions for Insomnia, Snoring, Shift Work, and More**  
by Dianne Macedo  
Headline Home, 2021. 371 pages. ISBN: 978-1472297174

## Death and Dying General Titles

### Nonfiction

#### **African American Grief**

by Paul C. Rosenblatt

Taylor and Francis, 2022. 224 pages. ISBN: 978-1003169758

*\*Collocated: Black& African Americans*

#### **Being Mortal: Medicine and What Matters in the End**

by Atul Gawande

Metropolitan Books, 2014. 282 pages. ISBN: 978-0805095159

### Graphic Novels

#### **Billy, Me & You**

by Nicola Streeten

Myriad Editions, 2007. 208 pages. ISBN: 978-0956559944

*\*Collocated: Grief & Loss*

#### **Can't We Talk About Something More Pleasant?**

by Roz Chast

Bloomsbury, 2014. 228 pages. ISBN: 978-1620406380

#### **Don't Go Where I Can't Follow**

by Anders Nilsen

Drawn and Quarterly 2012 96 978-1770460911

#### **Life Support: Invitation to Prayer**

by Judith Margolis

Penn State University Press, 2019. 96 pages. ISBN: 978-0271083735

**General Health & Wellness**  
**General Titles**

**Nonfiction**

**Health Fix**

by Ayan Panja

Kyle Books, 2023. 255 pages. ISBN: 978-1914239298

**Healthy Heart, Healthy Brain: The Proven Personalized Path to Protect Your Memory, Prevent Heart Attacks and Strokes, and Avoid Chronic Illness**

by Bradley Bale MD., et al.

Little Brown Spark, 2022. 455 pages. ISBN: 978-0316705554

**Rest Is Resistance: A Manifesto**

by Tricia Hersey

Little, Brown Spark, 2022. 211 pages. ISBN: 978-0316365215

**Strong Heart, Sharp Mind: 6-Step Program That Reverses Heart Disease and Helps Prevent Alzheimer's**

by Joseph C. Piscatella

Humanix Books, 2022. 250 pages. ISBN: 978-1630061937

**Weight Loss for Life: The Proven Plan for Success**

by Lawrence J. Cheskin

Johns Hopkins University Press, 2021. 380 pages. ISBN: 978-1421441948

**"You Just Need to Lose Weight" and 19 Other Myths About Fat People**

by Aubrey Gordon

Beacon Press, 2023. 205 pages. ISBN: 978-0807006474

**Your Life Depends on It: What You Can Do to Make Better Choices About Your Health**

by Talya Miron-Shatz Ph.D.

Basic Books, 2021. 256 pages. ISBN: 978-1541646759

**Audio & Sound Recordings**

**Eat To Beat Your Diet**

by Peter Ganim, William W. Li

Grand Central Publishing, 2023. 848 minutes. CD Audiobook. ISBN: 978-1668626702



**Everyday Utopia**

by Kristen R. Ghodsee

Simon and Schuster Audio, 2023. 180 minutes CD Audiobook

**Getting to 50/50**

by Sharon Meers

Blackstone Audio, 2013. 750 minutes CD Audiobook

**Work Your Money, Not Your Life: How to Balance Your Career and Personal**

by Roger Ma

Dreamscape Media, 2022. 406 minutes. CD Audibook.

**Video & Film Recordings****The Cannabis Question**

PBS, 2022. 55 minutes DVD.

**Health Hacks: Quick Tips for a Happy and Healthy Life**

Wownow, 2023. 60 minutes DVD.

**General Health & Wellness**  
**Holistic Wellness (Including Mindfulness and Meditation)**

**Nonfiction**

**75 practicas esenciales de mindfulness  
(75 Essential Mindfulness Practices)**

by Matthew Sockolov

Sirio Editorial, 2022. 246 pages. ISBN: 978-8419105219

**Español**

**Clean Living Handbook**

by Cinder Mill Press

Cinder Mill Press, 2023. 191 pages. ISBN: 978-1646433179

**Comfort Crisis**

by Michael Easter

Rodale Books, 2021. 304 pages. ISBN: 978-0593138762

**Complete Wellbeing Manual**

by Emma Van Hinsbergh

Sirius, 2023. 256 pages. ISBN: 978-1398802445

**Despertando: 5 Minutos al Dia Para Alcanzar Tu Mejor Version**

by Lety Sahagun

Planeta Publishing, 2023. 282 pages. ISBN: 978-6070790836

**Español**

**Detox Your Body**

by Zhao Yingpan

Shanghai Book Traders, 2023. 176 pages. ISBN: 978-1938368967

**Excellent Advice for Living**

by Kevin Kelly

Viking Pr, 2023. 212 pages. ISBN: 978-0593654521

**Guided Meditation for Anxiety: Self-Hypnosis and Guided Imagery for Stress Relief, Boost Confidence and Inner Peace, and Reduce Depression with Mindfulness and Positive Affirmations (Unabridged)**

by Kaizen Mindfulness Meditations

Findaway, 2020. 35 pages. eBook ISBN: 978-1951030476

**Gut Renovation**

by Roshini Raj

William Morrow & Co, 2023. 276 pages. ISBN: 978-0063144217

**A Kinder Voice**

by Thérèse Jacobs-Stewart

Hazelden, 2016. 120 pages. ISBN: 978-1616496395

**Life in Five Senses**

by Gretchen Rubin

Crown Pub, 2023. 250 pages. ISBN: 978-0593442746

**Meditacion para escepticos inquietos  
(Meditation for Restless Skeptics)**

by Dan Harris

Oceano, 2018. 330 pages. ISBN: 978-6075277691

**Español**

**Mindfulness and Meditation: Your Questions Answered**

by Blaise Aguirre

Greenwood, 2018. 156 pages. ISBN: 978-1440852961

**Mindfulness para principiantes: Budismo simple y claro  
(Mindfulness for Beginners: Buddhism Simple and Clear)**

by Eric McLuhan

Findaway, 2021. 110 pages. ISBN: 978-1505502176

**Español**

**Mindfulness para vivir sin miedos  
(Mindfulness to Live Without Fears)**

by Helen Flix

Conesa Diversa Ediciones, 2016. 132 pages. ISBN: 978-8494403743

**Español**

**Mountain Is You**

by Brianna Wiest

Thought Catalog Books, 2020. 248 pages. ISBN: 978-1949759228

**Nunca renuncies a ser feliz  
(Never Give Up on Being Happy)**

by Joan Gallardo Llodra

Grijalbo Mondadori, 2022. 319 pages. ISBN: 978-8425360794

**Español**

**Piensa como un monje  
(Think Like a Monk: Train Your Mind for Inner Peace and a Fulfilling Life)**

by Jay Shetty

Grijalbo, 2020. 402 pages. ISBN: 978-1644733196

**Español**

**Powerhouse**

by Greg D. Wells

Collins, 2023. 319 pages. ISBN: 978-1443466714

**Prescription for Nutritional Healing: The A-Z Guide to Supplements**

by Phyllis A. Balch

Avery Pub Group, 2023. 386 pages. ISBN: 978-0593541043

**Saludable Mente: Habitos Para Optimizar Tu Cerebro y Mejorar tu Salud a Cualquier Edad (Healthy Mind)**

by Marcos Vasquez

Grijalbo Mondadori, 2021. 329 pages. ISBN: 978-8425359477

**Español**

**Santo Remedio**

by Juan Ribera

Aguilar, 2023. 216 pages. ISBN: 978-1644737552

**Spark Factor**

by Molly Maloof

Harperwave, 2023. 312 pages. ISBN: 978-0063207202

**Una vida genial (The Genius Life)**

by Max Lugavere

Grijalbo, 2021. 296 pages. ISBN: 978-6073803946

**Español**

**Vivir Conserenidad, 365 Consejos**

by Patricia Ramirez

Grijalbo Mondadori, 2023. 411 pages. ISBN: 978-8425362217

**Wa the Art of Balance**

by Kaki Okumura

Watkins Pub Ltd, 2023. 246 pages. ISBN: 978-1786786890

**Your Coping Skills Aren't Working**

by Richard Brouillette

New Harbinger Pubns Inc, 2023. 179 pages. ISBN: 978-1648480997

**Video & Film Recordings**

**Awake: The Life of Yogananda**

by Paola Di Florio

Alive Mind, 2015. 86 minutes DVD.

**Health of People with Disabilities**  
**General Titles**

**Nonfiction**

**Affirming Disability: Strengths-Based Portraits of Culturally Diverse Families**

by Janet Story

Sauer, 2020. 161 pages. ISBN: 978-0807763292

**All My Relations: Understanding the Experiences of Native Americans with Disabilities**

by Hilary N. Weaver

Routledge, 2019. 144 pages. ISBN: 978-0367028435

*\*Collocated: Native Americans*

**All Our Families: Disability Lineage and the Future of Kinship**

by Jennifer Natalya

Fink, Beacon Press, 2022. 232 pages. ISBN: 978-0807003954

**Being Heumann: An Unrepentant Memoir of Disability Rights Activist**

by Judith Heumann

Beacon Press, 2020. 218 pages. ISBN: 978-0807019290

**Bodies of Truth: Personal Narratives on Illness, Disability, and Medicine**

by Dinty W. Moore

University Of Nebraska Press, 2019. 210 pages. ISBN: 978-1496212658

**Broken Places & Outer Spaces: Finding Creativity in the Unexpected**

by Nnedi Okorafor

Simon & Schuster, 2019. 88 pages. ISBN: 978-1501195471

**Crip Kinship: The Disability Justice & Art Activism of Sins Invalid**

by Shayda Kafai

Arsenal Pulp Press, 2021. 192 pages. ISBN: 978-1551528656

**Demystifying Disability: What to Know, What to Say, and How to Be an Ally**

by Emily Ladau

Ten Speed Press, 2021. 176 pages. ISBN: 978-1984858986

**Disability and the Church: A Vision for Diversity and Inclusion**

by Lamar Hardwick

IVP, 2021. 208 pages. ISBN: 978-0830841615

*\*Collocated: Diversity, Equity, & Inclusion*

**Disability Visibility: First-Person Stories from the Twenty-First Century**

by Alice Wong

Vintage, 2020. 336 pages. ISBN: 978-1984899422

eBook ISBN: 978-1984899439

**Falling, Floating, Flickering: Disability and Differential Movement in African Diasporic Performance**

by Hershini Bhana Young

NYU Press, 2023. 307 pages. ISBN: 978-1479818457

*\*Collocated: Black & African Americans*

**Haben: The Deafblind Woman Who Conquered Harvard Law**

by Haben Girma

Twelve, 2019. 277 pages. ISBN: 978-1538728727

**I Live a Life Like Yours**

by Jan Grue

Farrar Straus & Giroux, 2021. 260 pages. ISBN: 978-0374600785

**(M)othering Labeled Children: Bilingualism and Disability in the Lives of Latinx Mothers**

by María Cioè-Peña

Multilingual Matters, 2021. 189 pages. ISBN: 978-1800411272

*\*Collocated: Hispanic or Latine*

**No Pity: People with Disabilities Forging a New Civil Rights Movement**

by Joseph P. Shapiro

Crown, 1994. 400 pages. ISBN: 978-0307798329

**Pretty One: On Life, Pop Culture, Disability, and Other Reasons to Fall in Love with Me**

by Keah Brown

Atria Books, 2019. 242 pages. ISBN: 978-1982100544

**Such a Pretty Girl: A Story of Struggle, Empowerment, and Disability Pride**

by Nadina Laspina

New Village Press, 2019. 338 pages. ISBN: 978-1613321034

**Supporting Neurodiverse College Student Success: A Guide for Librarians, Student Support Services, and Academic Learning Environments**

by Elizabeth Coghill

Rowman & Littlefield, 2021. 296 pages. ISBN: 978-1538137376

*\*Collocated: Mental Health & Psychology*

**The Wounds That Bind Us**

by Kelley Shinn

West Virginia University Press, 2023. 294 pages. ISBN: 978-1952271861

**Year of the Tiger: An Activist's Life**

by Alice Wong

Vintage Books, 2022. 376 pages. ISBN: 978-0593315392

*\*Collocated: Asian & Asian Americans*

**Graphic Novels**

**Dumb: Living Without a Voice**

by Georgia Webber

Fantagraphics Books, 2018. 175 pages. ISBN: 978-1683961161

**The Impending Blindness of Billie Scott**

by Zoe Thorogood

Avery Hill Publishing, 2021. Unpaged ISBN: 978-1910395646

(Fiction)

**A Quick & Easy Guide to Sex & Disability**

by A. Andrews

Limerence Press, 2020. 70 pages. ISBN: 978-1620106945

*\*Collocated: Sexual & Reproductive Health*

**Sitting Pretty: The View from My Ordinary Resilient Disabled Body**

by Rebekah Taussig

Harper One, 2020. 237 pages. ISBN: 978-0062936790

**The Thud**

by Mikaël Ross

Fantagraphics Books, 2021. 123 pages. ISBN: 978-1683964063

**Twister**

by Roland Burkart (Author, Illustrator), Natascha Hoffmeyer (Translator)

The Pennsylvania State University Press/Graphic Mundi, 2021. 112 pages.

ISBN: 978-0271088082

(Translated from German)

**Uncanny Bodies: Superhero Comics and Disability**

Scott T. Smith & Jose Alaniz

Pennsylvania State University Press, 2019. 234 pages. ISBN: 978-0271084749

**We Move Together**

by Kelly Fritsch

Ak Press, 2021. 42 pages. ISBN: 978-1849354042



**Health of People with Disabilities**  
**Hearing Loss**

**Nonfiction**

**The Perseverance**

by Raymond Antrobus

The Home Books, 2018. 96 pages. ISBN: 978-1951142421

**Shape of Sound: A Memoir**

by Fiona Murphy

Text Publishing, 2021. 296 pages. ISBN: 978-1922330512

*\*Collocated: Mental Health & Psychology*

**Health Topics for People of Color**  
**General Titles**

**Nonfiction**

**The Color of Hope: People of Color Mental Health Narratives**

by Vanessa Hazzard & Iresha Picot

Createspace Independent Publishing Platform, 2015. 86 pages. ISBN: 978-1514273487

*\*Collocated: Mental Health & Psychology*

**The Color of My Mind: Mental Health Narratives from People of Color  
(El Color de Mi Mente: Narrativas de Salud Mental de Personas de Color)**

English with Spanish translation

by Dior Vargas [Editor]

Reclamation Press, 2019. 84 pages. ISBN: 978-1947647398

*\*Collocated: Mental Health & Psychology*

**The Experiences of Queer Students of Color at Historically White Institutions: Navigating  
Intersectional Identities on Campus**

by Antonio Duran

Routledge, 2021. 180 pages. ISBN: 978-1000216769

*\*Collocated: LGBTQIA+ Health*

**Understanding Racial and Ethnic Differences in Health in Late Life: A Research Agenda**

by Rodolfo Bulatao

Natl Academy Press, 2004. 169 pages. ISBN: 978-0309092470

*\*Collocated: Aging*

**Health Topics for People of Color**  
**Alaska Natives**

**Nonfiction**

**American Indian and Alaska Native Children and Mental Health: Development, Context, Prevention, and Treatment**

by Michelle Sarche

Praeger, 2011. 408 pages. ISBN: 978-0313383045

*\*Collocated: Native Americans and Mental Health & Psychology*

**Haa Kusteeyí: Our Culture Tlingit Life Stories**

**English, with some Tlingit**

by Nora Marks Dauenhauer & Richard Dauenhauer (Editors)

University Of Washington Press; Sealaska Heritage Institute, 1994. 888 pages.

ISBN: 978-0295974019

**Health Topics for People of Color**  
**Arab & Middle Eastern Americans**

**Graphic Novel**

**Mis(H)Adra**

by Iasmin Omar

Ata Gallery 13, 2017. Unpaged ISBN: 978-1501162107

(Fiction)

*\*Collocated: Mental Health & Psychology*

**Health Topics for People of Color**  
**Asian & Asian Americans**

**Fiction**

**Barefoot Doctor: A Novel**

by Canxue (Author), Karen Gernant (Translator), Chen Zeping (Translator)

Yale University Press, 2022. 257 pages. ISBN: 978-0300259636

(Translated from Chinese)

*\*Collocated: Traditional Medicine*

**Nonfiction**

**Beautiful Country: A Memoir of an Undocumented Childhood**

by Qian Julie Wang

Anchor, 2022. 320 pages. ISBN: 978-0593313008

*\*Collocated: Immigration*

**Biting the Hand: Growing Up Asian in Black and White America**

by Julia Lee

Henry Holt and Company, 2023. 243 pages. ISBN: 978-1250824677

**Counseling and Psychotherapy for South Asian Americans: Identity, Psychology, and Clinical Implications**

by Ulash Thakore-Dunlap

Routledge, 2023. 294 pages. ISBN: 978-0367533496

*\*Collocated: Mental Health & Psychology*

**I Want to Die but I Want to Eat Tteokbokki**

by Baek Sehee (Author) Anton Hur (Translator)

Bloomsbury, 2022. 192 pages. ISBN: 978-1635579383

*\*Collocated: Depression*

**Go Back to Where You Came From: And Other Helpful Recommendations on How to Become American**

by Wajahat Ali

W.W. Norton & Company, 2022. 272 pages. ISBN: 978-0393867978

**Letters to a Young Brown Girl: Poems**

by Barbara Reyes

Boa Editions, 2020. 72 pages. ISBN: 978-1950774173

**The Making of Asian America: A History**

by Erika Lee

Simon & Schuster, 2015. 663 pages. ISBN: 978-1476739427

**Minor Feelings: An Asian American Reckoning**

by Cathy Park Hong

One World, 2020. 206 pages. ISBN: 978-1984820365

**Missed Translations: Meeting the Immigrant Parents Who Raised Me**

by Sopan Deb

Harpercollins, 2020. 256 pages. ISBN: 978-0062936769

**Pedagogies of Woundedness: Illness, Memoir, and the Ends of the Model Minority**

by James Lee

Temple University Press, 2022. 211 pages. ISBN: 978-1439921869

**Racial Melancholia, Racial Dissociation: On the Social and Psychic Lives of Asian Americans**

by David Eng & Shinhee Han

Duke University Press, 2019. 232 pages. ISBN: 978-1478001607

**Strangers From a Different Shore: A History of Asian Americans**

by Ronald Takaki

Backbay Books, 1998. 591 pages. ISBN: 978-0316831307

eBook ISBN: 978-1456611071

**Year of the Tiger: An Activist's Life**

by Alice Wong

Vintage Books, 2022. 376 pages. ISBN: 978-0593315392

*\*Collocated: Health of People with Disabilities*

**Graphic Novels**

**The Best We Could Do: An Illustrated Memoir**

by Thi Bui

Abrams ComicArts, 2017. 327 pages. ISBN: 978-1419718779

*\*Collocated: Immigration*

**Everything Is Beautiful, and I'm Not Afraid: A Baopu Collection**

by Yao Xiao

Andrews McMeel Publishing, 2020. 123 pages. ISBN: 978-1524852450

*\*Collocated: LGBTQIA+ Health*

**Kimiko Does Cancer: A Graphic Memoir**

by Kimiko Tobimatsu

Arsenal Pulp Press, 2020. 94 pages. ISBN: 978-1550000000

*\*Collocated: Cancers and LGBTQIA+ Health*

**My Alcoholic Escape from Reality**

by Kabi Nagata (Author, Artist), Jocelyne Allen (Translator), Lianne Sentar (Adapter), Karis Page (Illustrator), Gwen Silver (Illustrator)

Seven Seas Entertainment, 2021. 133 pages. ISBN: 978-1645059998

(Translated from Japanese)

*\*Collocated: Addiction & Recovery*

**Health Topics for People of Color**  
**Black / African Americans**

**Fiction**

**Crow in the Hollow: A New World Fantasy; The Songs of Creation, Book 1**

by Brian Parker & Josie Parker

Createspace Independent Publishing Platform, 2017. 316 pages. ISBN: 978-1975714703

**On Rotation: A Novel**

by Shirlene Obuobi

Avon, 2022. 342 pages. ISBN: 978-0063209145

*\*Collocated: Reproductive Health Disparities*

**Take My Hand**

by Dolen Perkins-Valdez

Berkley, 2022. 359 pages. ISBN: 978-0593337691

*\*Collocated: Reproductive Health Disparities*

**Transcendent Kingdom**

by Yaa Gyasi

Doubleday, 2020. 288 pages. ISBN: 978-0385695176

*\*Collocated: Women Physicians*

**We Love You, Charlie Freeman**

by Kaitlyn Greenidge

Algonquin Books, 2017. 341 pages. ISBN: 978-1616206444

*\*Collocated: Racism*

**Nonfiction**

**An Abolitionist's Handbook: 12 Steps to Changing Yourself and the World**

by Patrisse N. Cullors

St. Martin's Press, 2022. 288 pages. ISBN: 978-1250272973

**African American Grief**

by Paul Rosenblatt

Taylor and Francis, 2022. 224 pages. ISBN: 978-1003169758

*\*Collocated: Death & Dying*



**An African American and Latinx History of the United States**

by Paul Ortiz

Beacon Press, 2018. 296 pages. ISBN: 978-0807013106

*\*Collocated: Hispanic or Latine*

**An American Health Dilemma: A Medical History of African Americans and the Problem of Race: Beginnings to 1900**

by Michael Byrd

Routledge, 2000. 624 pages. ISBN: 978-0585462097

*\*Collocated: Health Equity*

**Babylost: Racism, Survival, and the Quiet Politics of Infant Mortality, from A to Z**

by Monica J. Casper

Rutgers University Press, 2022. 259 pages. ISBN: 978-1978825956

*\*Collocated: Reproductive Health Disparities*

**Battling over Birth: Black Women and the Maternal Health Care Crisis**

by Julia C. Oparah, Helen Arega, Dantia Hudson, Linda Jones, & Talita Oseguera

Praeclarus Press, 2018. 202 pages. ISBN: 978-1946665119

*\*Collocated: Reproductive Health Disparities*

**Belly of the Beast: The Politics of Anti-Fatness as Anti-Blackness**

by Da'Shaun W. Harrison

North Atlantic Books, 2021. 144 pages. ISBN: 978-1623175986

**Birthing Justice: Black Women, Pregnancy, and Childbirth**

by Julia C. Oparah & Alicia D. Bonaparte (Editors)

Routledge, 2016. 234 pages. ISBN: 978-1612058368

*\*Collocated: Reproductive Health Disparities*

**Birthing Liberation: How Reproductive Justice Can Set Us Free**

by Sabia Wade

Chicago Review Press, 2023. 272 pages. ISBN: 978-1641607971

*\*Collocated: Reproductive Health Disparities*

**Black Fathering and Mental Health**

by Michael Hannon

Peter Lang Inc., 2022. 148 pages. ISBN: 978-1433193095

*\*Collocated: Mental Health & Psychology*

**Black Fatigue: How Racism Erodes the Mind, Body, and Spirit**

by Mary-Francis Winters

Berrett-Koehler Publishers, Inc., 2020. 256 pages. ISBN: 978-1523091300

*\*Collocated: Mental Health & Psychology*

**Black Health Matters**

by Richard Walker Jr.

Square One Publishers, 2021. 336 pages. ISBN: 978-0757005077

*\*Collocated: Health Equity*

**Black Man in a White Coat: A Doctor's Reflections on Race and Medicine**

by Damon Tweedy, M.D.

Picador, 2016. 304 pages. ISBN: 978-1250105042

*\*Collocated: Health Professions*

**Black on Both Sides: A Racial History of Trans Identity**

by C. Riley Snorton

University Of Minnesota Press, 2017. 259 pages. ISBN: 978-1517901738

*\*Collocated: LGBTQIA+ Health*

**Black Pain: It Just Looks Like We're Not Hurting**

by Terrie Williams

Scribner, 2009. 333 pages. ISBN: 978-0743298834

*\*Collocated: Mental Health & Psychology*

**Black, Pregnant and Shamed**

by Ashley Randolph-Cooley

Lulu.com, 2020. 32 pages. ISBN: 978-1716617904

*\*Collocated: Reproductive Health Disparities*

**The Black Woman's Breast Cancer Survival Guide**

by Cheryl Holloway

Praeger, 2017. 203 pages. ISBN: 978-1440856082

*\*Collocated: Cancers*

**Black Women's Mental Health: Balancing Strength and Vulnerability**

by by Stephanie Y. Evans, Kanika Bell, Nsenga K. Burton

SUNY Press, 2018. 326 pages. ISBN: 978-1438465838

*\*Collocated: Mental Health & Psychology*

**Body Belly Soul: The Black Mother's Guide to a Primal, Peaceful and Powerful Birth**

by Nicole Bailey

Unapologetic Voice House LLC, 2021. 188 pages. ISBN: 978-1955090162

*\*Collocated: Pregnancy & Childbirth*

**Brotha Vegan: Black Men Speak on Food, Identity, Health and Society**

by Omowale Adewale

Lantern Publishing & Media, 2021. 230 pages. ISBN: 978-1590565988

*\*Collocated: Food & Nutrition*

**By Any Greens Necessary: A Revolutionary Guide for Black Women Who Want to Eat Great, Get Healthy, Lose Weight, and Look Phat**

by Tracye Lynn McQuirter

Independent Publishers Group, 2010. 240 pages. ISBN: 978-1556529986

*\*Collocated: Food & Nutrition*

**Care for the Mental and Spiritual Health of Black Men: Hope to Keep Going**

by Nicholas Grier

Lexington Books, 2021. 189 pages. ISBN: 978-1498567138

*\*Collocated: Mental Health & Psychology*

**Caring for Equality: A History of African American Health and Healthcare**

by David McBride

Rowman & Littlefield, 2018. 192 pages. ISBN: 978-1442260597

*\*Collocated: Health Equity*

**Changing the Norm: A Black Woman's Guide to Eating, Feeling and Looking Her Best**

by Laticia Jackson

Createspace Independent Publishing Platform, 2017. 254 pages. ISBN: 978-1546470892

**Dismissed: Tackling the Biases that Undermine Our Health Care**

by Angela Marshall and Kathy Palokoff

Citadel, 2023. 304 pages. ISBN: 978-0806542041

*\*Collocated: Reproductive Health Disparities*

**Eating While Black: Food Shaming and Race in America**

by Psyche A. Williams-Forson

University of North Carolina Press, 2022. 264 pages. ISBN: 978-1469668451

*\*Collocated: Food & Nutrition*

**The Echoing Ida Collection**

by Cynthia R. Greenlee, Kemi Alabi, Janna Zinzi, Michelle Duster

First Feminist Press Edition, 2021. 369 pages. ISBN: 978-1558612839

*\*Collocated: Reproductive Health Disparities*

**The Ethos of Black Motherhood in America: Only White Women Get Pregnant**

by Kimberly C. Harper

Lexington Books, 2021. 135 pages. ISBN: 978-1793601421

*\*Collocated: Reproductive Health Disparities*

**Falling, Floating, Flickering: Disability and Differential Movement in African Diasporic Performance**

by Hershini Bhana Young

NYU Press, 2023. 307 pages. ISBN: 978-1479818457

*\*Collocated: Health of People with Disabilities*

**Farming While Black**

by Leah Penniman

Chelsea Green Publishing Company, 2018. 368 pages. ISBN: 978-1603587617

**Fear of a Black Universe: An Outsider's Guide to the Future of Physics**

by Stephon Alexander

Basic Books, 2021. 245 pages. ISBN: 978-1541699632

**First and Only: A Black Woman's Guide to Thriving at Work and in Life**

by Jennifer Farmer

Broadleaf Books, 2021. 176 pages. ISBN: 978-1506466859

**Fit Citizens: A History of Black Women's Exercise from Post-Reconstruction to Postwar America**

by Ava Purkiss

The University of North Carolina Press, 2023. 231 pages. ISBN: 978-1469672724

*\*Collocated: Fitness & Exercise*

**Four Hundred Souls: A Community History of African Americans**

by Ibram Kendi

One World, 2021. 528 pages. ISBN: 978-0593134047

**From TB to AIDS: Epidemics Among Urban Blacks Since 1900**

by David McBride

State University Of New York Press, 1991. 254 pages. ISBN: 978-0791405291

*\*Collocated: Pandemics & Epidemics*

**How We Can Win: Race, History and Changing the Money Game That's Rigged**

by Kimberly Jones

Henry Holt & Company, 2022. 192 pages. ISBN: 978-1250805126

**The Immortal Life of Henrietta Lacks**

by Rebecca Skloot

Crown Pub, 2010. 369 pages. ISBN: 978-1400052172

*\*Collocated: Health Equity*

**The Impacts of Racism and Bias on Black People Pursuing Careers in Science, Engineering, and Medicine: Proceedings of a Workshop**

by National Academies of Sciences, Engineering, and Medicine  
National Academies Press, 2020. 106 pages. ISBN: 978-0309679541

**Inequalities and African-American Health: How Racial Disparities Create Sickness**

by Shirley Hill  
Policy Press, 2016. 194 pages. ISBN: 978-1447322825  
*\*Collocated: Health Equity*

**Invisible Visits: Black Middle-Class Women in the American Health Care System**

by Tina Sacks  
Oxford University Press, 2018. 161 pages. ISBN: 978-0190840235  
*\*Collocated: Health Equity*

**Journal of a Black Queer Nurse**

by Britney Daniels  
Common Notions, 2023. 178 pages. ISBN: 978-1942173779  
*\*Collocated: LGBTQIA+ & Healthcare Professions*

**Killing the Black Body: Race, Reproduction, and the Meaning of Liberty**

by Dorothy Roberts  
Second Vintage Books, 2017. 375 pages. ISBN: 978-0679758693  
*\*Collocated: Reproductive Health Disparities*

**Medical Apartheid: The Dark History of Medical Experimentation on Black Americans from Colonial Times to the Present**

by Harriet Washington  
Anchor Books. 2008. 501 pages. ISBN: 978-0767915472  
*\*Collocated: Health Equity*

**Motherhood so White: A Memoir of Race, Gender, and Parenting in America**

by Nefertiti Austin  
Sourcebooks, 2019. 290 pages. ISBN: 978-1492679011  
*\*Collocated: Reproductive Health Disparities*

**My Black Motherhood: Mental Health, Stigma, Racism and the System**

by Sandra Igwe  
Jessica Kingsley Publishers, 2022. 215 pages. ISBN: 978-1839970092  
*\*Collocated: Reproductive Health Disparities*

**Nobody Knows the Trouble I've Seen: The Emotional Lives of Black Women**

by Inger Burnett-Zeigler, Ph. D.

Amistad Press, 2021. 272 pages. ISBN: 978-0062959829

*\*Collocated: Mental Health & Psychology*

**Oh Sis, You're Pregnant: The Ultimate Guide to Black Pregnancy & Childbirth**

by Scancia Boswell

Mango Publishing Group, 2021. 336 pages. ISBN: 978-1642504989

*\*Collocated: Reproductive Health Disparities*

**Pregnant While Black: Advancing Justice for Maternal Health in America**

by Monique Rainford

Broadleaf Books, 2023. 245 pages. ISBN: 978-1506487618

*\*Collocated: Reproductive Health Disparities*

**The Racial Divide in American Medicine: Black Physicians and the Struggle for Justice in Health Care**

by Richard deShazo

University Press of Mississippi, 2018. 216 pages. ISBN: 978-1496817723

*\*Collocated: Health Equity*

**Radical Reproductive Justice: foundations, Theory, Practice, Critique**

by Loretta J. Ross, Lynn Roberts, Erika Derkas, Whitney Peoples, Pamela Bridgewater Toure, Dorothy Roberts

The Feminist Press at the City University of New York, 2017. 455 pages.

ISBN: 978-1936932047

*\*Collocated: Reproductive Health Disparities*

**Reproductive Injustice: Racism, Pregnancy, and Premature Birth**

by Dána-Ain Davis

New York University Press, 2019. 251 pages. ISBN: 978-1479812271

*\*Collocated: Reproductive Health Disparities*

**Self-Care for Black Women**

by Oludara Adeeyo

Adams Media Corporation, 2022. 192 pages. ISBN: 978-1507217313

*\*Collocated: Self Help*

**Shook One: Anxiety Playing Tricks on Me**

by Charlamagne Tha God

Atria Book, 2019. 255 pages. ISBN: 978-1501193255

*\*Collocated: Anxiety*

**Skimmed: Breastfeeding, Race, and Injustice**

by Andrea Freeman

Stanford University Press, 272. 2020 pages. ISBN: 978-1503610811

*\*Collocated: Reproductive Health Disparities*

**Social Determinants of Health and Health Disparities**

by Paula Braveman

Oxford University Press, 312. 2023 pages. ISBN: 978-0190624125

*\*Collocated: Reproductive Health Disparities*

**To Make the Wounded Whole: The African American Struggle against HIV/AIDS**

by Dan Royles

The University of North Carolina Press, 2020. 319 pages. ISBN: 978-1469661339

*\*Collocated: HIV/AIDS*

**Under the Skin: The Hidden Toll of Racism on American Lives and on the Health of Our Nation**

by Linda Villarosa

Doubleday, 269. 2022 pages. ISBN: 978-0385544887

*\*Collocated: Reproductive Health Disparities*

**We Live for the We: The Political Power of Black Motherhood**

by Dani McClain

Bold Type Books, 2019. 251 pages. ISBN: 978-1568588544

*\*Collocated: Reproductive Health Disparities*

**This Boy We Made: A Memoir of Motherhood, Genetics, and Facing the Unknown**

by Taylor Harris Catapult, 2022. 260 pages. ISBN: 978-1948226844

*\*Collocated: Health Equity*

**Soothe Your Nerves: The Black Woman's Guide to Understanding and Overcoming Anxiety, Panic, and Fear**

by Dr. Angela Neal-Barnett

Touchstone, 2003. 224 pages. ISBN: 978-1451603637

*\*Collocated: Anxiety*

**South to America: A Journey Below the Mason-Dixon to Understand the Soul of a Nation**

by Imani Perry

Ecco Press. 2022. 432 pages. ISBN: 978-0062977403

**The Strong Black Woman: How a Myth Endangers the Physical and Mental Health of Black Women**

by Marita Golden

Mango Publishing, 2021. 186 pages. ISBN: 978-1642506839

eBook: 978-1642506846

*\*Collocated: Mental Health & Psychology*

**Thick: And Other Essays**

by Tressie Cottom

New Press, 2019. 244 pages. ISBN: 978-1620974360

**The Unapologetic Guide to Black Mental Health: Navigate an Unequal System, Learn Tools for Emotional Wellness, and Get the Help You Deserve**

by Rheeda Walker & Na'im Akbar

New Harbinger Publications, 2020. 232 pages. ISBN: 978-1684034147

eBook: 978-1684034161

*\*Collocated: Mental Health & Psychology*

**You Are Your Best Thing: Vulnerability, Shame Resilience, and the Black Experience**

by Brene Brown & Tarana Burke

Random House, 2021. 226 pages. ISBN: 978-0593243633

eBook ISBN: 978-0593243640

*\*Collocated: Mental Health & Psychology*

**You Don't Know Us Negroes and Other Essays**

by Zora Hurston

Amistad Press., 2022. 464 pages. ISBN: 978-0063043855

**Audio & Sound Recordings**

**Black Man in a White Coat: A Doctor's Reflections on Race and Medicine (unabridged)**

by Damon Tweedy (narrated by Corey Allen)

Recorded Books, LLC, 2015. 08:44:07. eAudio ISBN: 978-1490696577

*\*Collocated: Health Professions*



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**Nonfiction**

**An African American and Latinx History of the United States**

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*\*Collocated: Black & African Americans*

**Building Confianza: Empowering Latinos/as Through Transcultural Health Care  
Communication**

by Dalia Magana

Ohio State University Press, 2021. 190 pages. ISBN: 978-0814258095

*\*Collocated: Healthcare System*

**Crying in the Bathroom: A Memoir**

by Erika L. Sánchez

Viking, 2022. 239 pages. ISBN: 978-0593296936

**Historia de las epidemias En México  
(History of Epidemics in Mexico)**

**Español**

José N. Iturriaga

Penguin Random House Grupo Editorial, S.A.U., 2020. 230 pages. ISBN: 978-6073197168

eBook ISBN: 978-6073197755

*\*Collocated: Pandemics & Epidemics*

**Inventing Latinos: A New Story of American Racism**

by Laura Gomez

The New Press, 2020. 272 pages. ISBN: 978-1595589170

**Latina/o American Health and Mental Health: Practices and Challenges**

by Leticia Arellano-Morales & Erica Sosa

Praeger, 2018. 340 pages. ISBN: 978-1440854897

*\*Collocated: Mental Health & Psychology*

**(M)othering Labeled Children: Bilingualism and Disability in the Lives of Latinx Mothers**

by María Cioè-Peña

Multilingual Matters, 2021. 189 pages. ISBN: 978-1800411272

*\*Collocated: Health of People with Disabilities*

**New and Emerging Issues in Latinx Health**

by Airin Martinez

Springer, 2020. 392 pages. ISBN: 978-3030240455

*\*Collocated: Health Equity*

**Ordinary Girls: A Memoir**

by Jaquira Diaz

Algonquin Of Chapel Hill, 2019. 321 pages. ISBN: 978-1616209131

*\*Collocated: Mental Health & Psychology*

**Speaking from the Body: Latinas on Health and Culture**

by Angie Chabram-Dernersesian, Adela de la Torre (Editors)

University of Arizona Press, 2008. 232 pages. ISBN: 978-0816526642

*\*Collocated: Healthcare System*

**Audio & Sound Recordings**

**Historia de las epidemias en México**

**(History of Epidemics in Mexico)**

by José N. Iturriaga (narrated by Erik Jam)

Penguin Random House Grupo Editorial, S.A.U., 2021. 06:09:30. eAudio ISBN: 978-6073810883

*\*Collocated: Pandemics & Epidemics*

**Español**

## Health Topics for People of Color Indigenous Peoples

### Fiction

#### **Coyote Tales of the Northwest**

by Thomas George

Eschia Books, 2010. 216 pages. ISBN: 978-1926696096

#### **Jonny Appleseed**

by Joshua Whitehead

Arsenal Pulp, 2018. 224 pages. ISBN: 978-1551527253

Collocated: LGBTQIA+ Health

#### **Power: A Novel**

by Linda Hogan

W Norton & Company, 1999. 248 pages. ISBN: 978-0393319682

### Nonfiction

#### **Braiding Sweetgrass**

by Robin Wall Kimmerer

Milkweed Editions, 2013. 390 pages. ISBN: 978-1571313560

*\*Collocated: Environmental Health*

#### **Decolonizing Mental Health: Embracing Indigenous Multi-Dimensional Balance**

by John Charlton, Herman Michell, Sharon Acoose (Editors)

J Charlton Publishers, 2020. 332 pages. ISBN: 978-1926476216

*\*Collocated: Mental Health & Psychology*

#### **Decolonizing Trauma Work: Indigenous Stories and Strategies**

by Renee Linklater

Fernwood Publishing, 2014. 176 pages. ISBN: 978-1552666586

*\*Collocated: Trauma and Post-Traumatic Stress Disorder (PTSD)*

#### **Determinants of Indigenous Peoples' Health in Canada: Beyond the Social**

by Margo Greenwood, Sarah De Leeuw, Nicole Lindsay

Canadian Scholars, 2018. 340 pages. ISBN: 978-1773380377

*\*Collocated: Health Equity*

**Embodied Politics: Indigenous Migrant Activism, Cultural Competency, and Health Promotion in California**

by Rebecca J. Hester

Rutgers University Press, 2022. 190 pages. ISBN: 978-0813589497

*\*Collocated: Healthcare System*

**From the Ashes: My Story of Being Indigenous, Homeless, and Finding My Way**

by Jesse Thistle

Atria Books, 2021. 354 pages. ISBN: 978-1982182946

*\*Collocated: Addiction & Recovery*

**Indigenous Health Ethics: An Appeal to Human Rights**

by Deborah Zion, Linda Briskman, Alireza Bagheri

World Scientific Publishing Company, 2021. 216 pages. ISBN: 978-1786348562

*\*Collocated: Health Equity*

**An Indigenous Peoples' History of the United States**

by Roxanna Dunbar-Ortiz

Beacon Press, 2015. 296 pages. ISBN: 978-0807057834

**Legacy: Trauma, Story, and Indigenous Healing**

by Suzanne Methot

ECW Press, 2019. 368 pages. ISBN: 978-1770414259

eBook: 978-1773052977

*\*Collocated: Trauma and Post-Traumatic Stress Disorder (PTSD)*

**Narrative Medicine: The Use of History and Story in the Healing Process**

by Lewis Mehl-Madrona

Bear & Company, 2007. 336 pages. ISBN: 978-1591430650

*\*Collocated: Mental Health & Psychology*

**Recovering Our Ancestors' Gardens: Indigenous Recipes and Guide to Diet and Fitness**

Devon A. Mihesuah

Bison Books, 2020. 384 pages. ISBN: 978-0803245259

*\*Collocated: Food & Nutrition*

**Routledge International Handbook of Indigenous Resilience**

by Hilary Weaver (Editor)

Routledge, 2022. 401 pages. ISBN: 978-1003048428

**The Science of the Sacred: Bridging Global Indigenous Medicine Systems and Modern Scientific Principles**

by Nicole Redvers

North Atlantic Books, 2019. 296 pages. ISBN: 978-1623173371

*\*Collocated: Traditional Medicine*

**Spilexm: A Weaving of Recovery, Resilience, and Resurgence**

by Nicola Campbell

Highwater Press, 2021. 336 pages. ISBN: 978-1553799351

**Health Topics for People of Color  
Multiracial Individuals**

**Nonfiction**

**Raising Multiracial Children: Tools for Nurturing Identity in a Racialized World**

by Farzana Nayani

North Atlantic Books, 2020. 288 Pages. ISBN: 978-1623174491

*\*Collocated: Parenting*

## Health Topics for People of Color Native Americans

### Fiction

#### **Love Medicine**

by Louise Erdrich

Harper Perennial, 2016. 333 pages. ISBN: 978-0061787423

#### **Sisters of the Eversea**

by Cynthia Smith

Heartdrum, 2021. 320 pages. ISBN: 978-0062869975

### Nonfiction

#### **All My Relations: Understanding the Experiences of Native Americans with Disabilities**

by Hilary Weaver

Routledge, 2019. 144 pages. ISBN: 978-0367028435

*\*Collocated: Health of People with Disabilities*

#### **American Indian Health Disparities in the 21st Century**

by Cornelius M. Dyke & Donald Warne (Editors)

Cambridge Scholars, 2021. 135 pages. ISBN: 978-1527575127

*Collocated: Health Equity*

#### **Conducting Health Research with Native American Communities**

by Teshia G. Arambula Solomon & Leslie Randall (Editors)

Apha Press, 2014. 245 pages. ISBN: 978-0875532028

#### **Coyote Medicine: Lessons from Native American Healing**

by Lewis Mehl-Madrona

Simon & Schuster, 1998. 304 pages. ISBN: 978-0684839974

*Collocated: Traditional Medicine*

#### **Crazy Horse Weeps: The Challenge of Being Lakota in White America**

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Fulcrum Publishing, 2019. 120 pages. 978-1682750254

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Fiction

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by Aude Mermilliod

Europe Comics, 2021. 240 pages. ISBN: 979-1032812488

**Healthcare System  
Public Health**

**Nonfiction**

**Canary in the Coal Mine: A Forgotten Rural Community, a Hidden Epidemic, and a Lone Doctor Battling for the Life, Health, and Soul of the People**

by William Cooke, Laura Ungar

Tyndale Momentum, 2021. 310 pages. ISBN: 978-1496446480

**Community Organizing and Community Building for Health and Social Equity**

by Meredith Minkler

Rutgers University Press, 2022. 537 pages. ISBN: 978-1978824744

**The Control of Communicable Diseases in Man**

by American Public Health Association

Hassell Street Press, 2021. 164 pages. ISBN: 978-1013422928

**Lifelines: A Doctor's Journey in the Fight for Public Health**

by Leana Wen

Metropolitan Henry Holt, 2021. 334 pages. ISBN: 978-1250186232

**Researching Health Needs: A Community-Based Approach**

by Judy Payne

Sage Publications, 1999. 193 pages. ISBN: 978-0761960836

**Searching for Health: The Smart Way to Find Information Online and Put It to Use**

by Kapil Parakh, M.D. Ph.D. & Anna Dirksen

Johns Hopkins University Press, 2021. 178 pages. ISBN: 978-1421440286

**Viral BS: Medical Myths and Why We Fall for Them**

by Dr. Seema Yasmin

Johns Hopkins University Press, 2021. 263 pages. ISBN: 978-1421440408

**What the Eyes Don't See: A Story of Crisis, Resistance, and Hope in an American City**

by Mona Hanna-Attisha

One World, 2018. 364 pages. ISBN: 978-0399590856

*\*Collocated: Environmental Health*

## Graphic Novels

### **Graphic Public Health: A Comics Anthology and Road Map**

by Meredith Li-Vollmer

Penn State University Press, 2022. 177 pages. ISBN: 978-0271093253

eBook ISBN: 978-0271093833

## Audio & Sound Recordings

### **Viral BS: Medical Myths and Why We Fall for Them**

Dr. Seema Yasim

Highbridge Company, 2021. 9:26:42. eAudio ISBN: 978-1696605021

**LGBTQIA+ Health  
General Titles**

**Fiction**

**19 Love Songs**

by David Leviathan

Ember, 2020. 320 pages. ISBN: 978-1984848666

**All Out**

by Sandra Mitchell

Inkyard Press, 2020. 342 pages. ISBN: 978-1335146816

**Between Perfect and Real**

by Ray Stoeve

Harry N Abrams, 2021. 320 pages. ISBN: 978-1419746017

**Cemetery Boys**

by Aidan Thomas

Swoon Reads, 2020. 352 pages. ISBN: 978-1250250469

**Detransition, Baby: A Novel**

by Torrey Peters

One World, 2021. 340 pages. ISBN: 978-0593133378

**Felix Ever After**

by Kacen Callender

Balzer + Bray, 2020. 368 pages. ISBN: 978-0062820589

**Jonny Appleseed**

by Joshua Whitehead

Arsenal Pulp, 2018. 224 pages. ISBN: 978-1551527253

*Collocated: Indigenous Peoples*

**Little Fish**

by Casey Plett

Arsenal Pulp Press, 2018. 295 pages. ISBN: 978-1551527208

**Sasha Masha**

by Agnes Borisky

Farrar, Straus and Giroux, 2020. 240 pages. ISBN: 978-0374310806

**What Makes You Beautiful**

by Bridget Liang

Lorimer, 2020. 168 pages. ISBN: 978-1459414112

**What You Don't Know: A Story of a Liberated Childhood**

by Anastasia Higginbotham

Dottir, 2021. 144 pages. ISBN: 978-1948340298

**Nonfiction**

**All Boys Aren't Blue: A Memoir-Manifesto**

by George Jonson

Farrar, Straus, and Giroux, 2020. 320 pages. ISBN: 978-0374312718

**All the Young Men: A Memoir of Love, Aids, and Chosen Family in the American South**

by Ruth C. Burks

Grove, 2021. 368 pages. ISBN: 978-0802157256

*\*Collocated: HIV/AIDS*

**And the Band Played On: Politics, People, and the AIDS Epidemic**

by Randy Shilts

St. Martin's Press, 2007. 630 pages. ISBN: 978-0312374631

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**As a Woman: What I Learned About Power, Sex, and Patriarchy After I Transitioned**

by Paula S. Williams

Atria Books, 2021. 241 pages. ISBN: 978-1982153366

**Autobiography of a Transgender Scientist**

by Ben Barres

MIT Press, 2018. 160 pages. ISBN: 978-0262539548

**Black on Both Sides: A Racial History of Trans Identity**

by C. Riley Snorton

University of Minnesota Press, 2017. 259 pages. ISBN: 978-1517901738

*\*Collocated: Black & African Americans*

**Bodies and Barriers: Queer Activists on Health**

by Adrian Shanker

PM Press, 2020. 240 pages. ISBN: 978-1629637846

*\*Collocated: Health Equity*

**A Burst of Light: and Other Essays**

by Audre Lorde, Sonia Sanchez, Jen Keenan

INscribe Digital, 2017. 144 pages. ISBN: 978-0486818993

eBook ISBN: 978-0486824307

**The Care We Dream Of: Liberatory and Transformative Approaches to LGBTQ+ Health**

by Zena Sharman

Arsenal Pulp Press, 2021. 351 pages. ISBN: 978-1551528601

*\*Collocated: Health Equity*

**A Clinician's Guide to Gender-Affirming Care: Working with Transgender and Gender Nonconforming Clients**

by Sand C. Chang, Anneliese A. Singh, Lore M. Dickey

Context Press; New Harbinger Publications, 2018. 312 pages. ISBN: 978-1684030545

**Comprehensive Care of the Transgender Patient**

by Cecile A. Fernando

Elsevier, 2020. 161 pages. ISBN: 978-0323512268

*\*Collocated: Healthcare System*

**En busca de Emma  
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**Español**

by Armando Correa

HarperCollins Español, 2021. 320 pages. ISBN: 978-0063070790

**The Experiences of Queer Students of Color at Historically White Institutions: Navigating Intersectional Identities on Campus**

by Antonio Duran

Routledge, 2021. 180 pages. ISBN: 978-1000216769

*\*Collocated: Health Topics for People of Color*

**Fairest: A Memoir**

by Meredith Talusan

Penguin Books Canada, 2021. 320 pages. ISBN: 978-0525561323

**Gender Ambiguity in the Workplace: Transgender and Gender-Diverse Discrimination**

by Alison A. Fogarty

Praeger, 2018. 192 pages. ISBN: 978-1440863233

**Gender Euphoria: Stories of Joy from Trans, Non-Binary and Intersex Writers**

by Laura K. Dale

Unbound, 2021. 272 pages. ISBN: 978-1800180574



**Headcase: LGBTQ Writers and Artists on Mental Health and Wellness**

by Stephanie Shroeder

Oxford University Press, 2019. 287 pages. ISBN: 978-0190846596

*\*Collocated: Mental Health & Psychology*

**Hidden Mercy: AIDS, Catholics and the Untold Stories**

by Michael J. O’Loughlin

Broadleaf Books, 2021. 281 pages. ISBN: 978-1506467702

*\*Collocated: HIV/AIDS*

**Hijab Butch Blues: A Memoir**

by Lamya H

The Dial Press, 2023. 284 pages. ISBN: 978-0593448762

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**Hola Papi: How to Come Out in a Walmart Parking Lot**

by John P. Brammer

Simon & Schuster, 2021. 224 pages. ISBN: 978-1982141493

**How to Survive a Plague: The Story of How Activists and Scientists Tamed AIDS**

by David France

Vintage, 2017. 640 pages. ISBN: 978-0307745439

*\*Collocated: HIV/AIDS*

**Journal of a Black Queer Nurse**

by Britney Daniels

Common Notions, 2023. 178 pages. ISBN: 978-1942173779

*\*Collocated: Health Professions and Black & African Americans*

**Kicked Out**

by Sassafras Lowrey

Homofactus Press, 2010. 222 pages. ISBN: 978-0978597368

**Let the Record Show: A Political History of Act Up New York**

by Sarah Schulman

Picador, 2022. 752 pages. ISBN: 978-1250849120

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**LGBTQ Health Research**

by Ron Stall

John Hopkins University Press, 2020. 312 pages. ISBN: 978-1421438788

*\*Collocated: Health Equity*

**Living Sexuality: Stories of LGBTQ Relationships, Identities, and Desires**

by Keith Berry, Catherine M. Gillotti, Tony E. Adams  
Brill Sense, 2020. 183 pages. ISBN: 978-9004418790

**More Than Organs**

by Kay Ulanday Barrett  
Sibling Rivalry Press, 2020. 96 pages. ISBN: 978-1943977741  
(Poetry)

**My Sister: How One Sibling's Transition Changed Us Both**

by Selenis Leyva  
Bold Type Books, 2020. 247 pages. ISBN: 978-1541762954

**The Natural Mother of the Child: A Memoir of Nonbinary Parenthood**

by Krys M. Belc  
Counterpoint, LLC, 2021. 304 pages. ISBN: 978-1640094383  
*\*Collocated: Parenting*

**Non-Binary Genders: Navigating Communities, Identities, and Healthcare**

by Ben Vincent  
Policy Press, 2020. 243 pages. ISBN: 978-1447351931

**The Queer and Transgender Resilience Workbook: Skills for Navigating Orientation and Gender Expression**

by Anneliese Singh  
New Harbinger Publications, Inc., 2018. 210 pages. ISBN: 978-1626259461

**Queer Conception: The Complete Fertility Guide for Queer and Trans Parents-To-Be**

by Kristin L. Kali  
Sasquatch Books, 2022. 320 pages. ISBN: 978-1632173980  
*\*Collocated: Sexual & Reproductive Health*

**Queers, Bi's, and Straight Lies: An Intersectional Examination of LGBTQ Stigma**

by Meredith G. F. Worthen  
Routledge, 2020. 429 pages. ISBN: 978-1315280332

**Real Queer America: LGBT Stories from Red States**

by Samantha Allen  
Back Bay Books, 2020. 320 pages. ISBN: 978-0316516020

**The Remedy: Queer & Trans Voices on Health & Health Care**

by Zena Sharman (Editor)  
Arsenal Pulp Press, 2016. 271 pages. ISBN: 978-1551526584  
*\*Collocated: Health Equity*

**Sexual and Gender Minority Health**

by Allen J. LeBlanc (Editor)

Emerald Publishing Limited, 2021. 237 pages. ISBN: 978-1838671471

**Supporting Queer Birth: A Book for Birth Professionals and Parents**

by AJ Silver

Jessica Kingsley Publishers, 2022. 224 pages. ISBN: 978-1839970450

*\*Collocated: Sexual & Reproductive Health*

**Surpassing Certainty: What My Twenties Taught Me**

by Janet Mock

Atria Books, 2017. 224 pages. ISBN: 978-1501145803

**Tasty Pride: 75 Recipes and Stories from the Queer Food Community**

by Jesse Szewczyk

Clarkson Potter, 2020. 223 pages. ISBN: 978-0593136980

*\*Collocated: Cookbooks*

**Tomboy Survival Guide**

by Ivan E. Coyote

Arsenal Pulp Press, 2016. 239 pages. ISBN: 978-1551526560

**Trans Bodies, Trans Selves: A Resource by and for Transgender Communities (2nd Ed.)**

by Laura Erickson-Schroth

Oxford University Press, 2022. 728 pages. ISBN: 978-0190092726

**Trans Medicine: The Emergence and Practice of Treating Gender**

by Stef M. Shuster

New York University Press, 2021. 223 pages. ISBN: 978-1479845378

eBook 9781479836291

**The Trans Self-Care Workbook: A Coloring Book and Journal for Trans and Non-Binary People**

by Theo N. Lorenz

Jessica Kingsley Publishers, 2021. 169 pages. ISBN: 978-1787753433

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**Transformations in Queer, Trans, and Intersex Health and Aging**

by Alexandra C.H. Nowakowski

Lexington Books, 2020. 106 pages. ISBN: 978-1793616340

eBook ISBN: 978-1793616357

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**Transgender 101: A Simple Guide to a Complex Issue**

by Nicholas M. Teich

Columbia University Press, 2012. 193 pages. ISBN: 978-0231157131

**Transgender Health: A Practitioner's Guide to Binary and Non-Binary Trans Patient Care**

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Jessica Kingsley Publishers, 2018. 208 pages. ISBN: 978-1784504755

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**Transgender History: The Roots of Today's Revolution**

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Seal, 2017. 303 pages. ISBN: 978-1580056892

**Transgender in the Workplace: The Complete Guide to the New Authenticity for Employers and Gender-Diverse Professionals**

by Vanessa Sheridan

Praeger, 2019. 188 pages. ISBN: 978-1440858079

**We Have Always Been Here: A Queer Muslim Memoir**

by Samra Habib

Viking Canada, 2019. 220 pages. ISBN: 978-0735235007

*\*Collocated: Diversity, Equity, & Inclusion*

**When We Rise: My Life in the Movement**

by Cleve Jones

Hachette Books, 2017. 291 pages. ISBN: 978-0316315418

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**Graphic Novels**

**Be Gay, Do Comics: Queer History, Memoir and Satire from the Nib**

by Matt Bors (Editor)

IDW, 2020. 250 pages. ISBN: 978-1684057771

**Everything Is Beautiful, and I'm Not Afraid: A Baopu Collection**

by Yao Xiao

Andrews McMeel Publishing, 2020. 123 pages. ISBN: 978-1524852450

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**First Year Out: A Transition Story**

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Singing Dragon, 2018. 127 pages. ISBN: 978-1785922589

**Fun Home: A Family Tragicomic**

by Alison Bechdel

Mariner, 2006. 232 pages. ISBN: 978-0547347004

**Gender: A Graphic Guide**

by Meg-John Barker

Icon, 2019. 176 pages. ISBN: 978-1785784521

**Gender Queer: A Memoir**

by Maia Kobabe

Oni-Lion Forge Publishing Group, 2022. 239 pages. ISBN: 978-1549304002

**How to Be Ace: A Memoir of Growing Up Asexual**

by Rebecca Burgess

Jessica Kingsley Publishers, 2021. 208 pages. ISBN: 978-1787752153

**How to They/Them: A Visual Guide to Nonbinary Pronouns and the World of Gender Fluidity**

by Stuart Getty

Sasquatch Books, 2020. 240 pages. ISBN: 978-1632173133

**Identity: A Story of Transitioning**

by Corey Maison

Zuiker Press, 2020. 83 pages. ISBN: 978-1947378247

**Kimiko Does Cancer: A Graphic Memoir**

by Kimiko Tobimatsu

Arsenal Pulp Press, 2020. 94 pages. ISBN: 978-1551528199

*\*Collocated: Asian & Asian Americans and Cancer*

**My Life in Transition: A Super Late Bloomer Collection**

by Julia Kaye

Andrews McMeel Publishing, 2021. 167 pages. ISBN: 978-1524860462

**Nothing Lasts Forever**

by Sina Grace

Image Comics, 2017. Unpaged. ISBN: 978-1534301832

**Pregnant Butch: Nine Long Months Spent in Drag**

by A. K. Summers

Soft Skull Press, 2014. 128 pages. ISBN: 978-1593765408

*\*Collocated: Pregnancy*

**A Quick & Easy Guide to Queer & Trans Identities**

by Mady G & Jules Zuckerberg

Limerence Press, 2019. 94 pages. ISBN: 978-1620105863

**Rainbow Reflection: Body Image Comics for Queer Men**

by Stephanie Gauvin (Editor); Phillip Joy (Editor); Matthew Lee (Editor)

Ad Astra Comix, 2019. 156 pages. ISBN: 978-0994050793

**Special Topics in Being a Human: A Queer and Tender Guide to Things I've Learned the Hard Way about Caring for People, Including Myself**

by S. Bear Bergman

Arsenal Pulp Press, 2021. 271 pages. ISBN: 978-1551528540

**Spellbound: A Graphic Memoir**

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Street Noise Books, 2020. 151 pages. ISBN: 978-1951491031

**Super Late Bloomer**

by Julia Kaye

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**The Third Person**

by Emma Grove

Drawn and Quarterly, 2022. 920 pages. ISBN: 978-1770466159

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**Fiction**

**Everything Here Is Beautiful**

by Mira T. Lee

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*\*Collocated: Relationships*

**Freshwater**

by Akwaeke Emezi

Grove Press, 2018. 229 pages. ISBN: 978-0802128997

**Nonfiction**

**Are U OK?**

by Kate Morton

Da Capo Lifelong, 2018. 256 pages. ISBN: 978-0738234991

**Black Fathering and Mental Health**

by Michael Hannon

Peter Lang Inc., 2022. 148 pages. ISBN: 978-1433193095

*\*Collocated: Black & African Americans*

**Black Fatigue: How Racism Erodes the Mind, Body, and Spirit**

by Mary-Francis Winters

Berrett-Koehler Publishers, Inc., 2020. 256 pages. ISBN: 978-1523091300

*\*Collocated: Black & African Americans*

**Black Pain: It Just Looks Like We're Not Hurting**

by Terrie Williams

Scribner, 2009. 333 pages. ISBN: 978-0743298834

*\*Collocated: Black & African Americans*

**Black Women's Mental Health: Balancing Strength and Vulnerability**

by Stephanie P. Evans

Suny Press, 2018. 326 pages. ISBN: 978-1438465838

*\*Collocated: Black & African Americans*

**Burnout: The Secret to Unlocking the Stress Cycle**

by Emily Nagoski, PhD & Amelia Nagoski, DMA  
Random House, Inc., 2020. 273 pages. ISBN: 978-1984818324  
eBook ISBN: 978-1984817075

**Cleaning Up Your Mental Mess**

by Caroline Leaf  
Baker Books, 2021. 304 pages. ISBN: 978-0801093456  
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**The Collected Schizophrenias: Essays**

by Esmé Weijun Wang  
Graywolf Press, 2019. 202 pages. ISBN: 978-1555978273

**The Color of Hope: People of Color Mental Health Narratives**

by Vanessa Hazzard & Iresha Picot  
Createspace Independent Publishing Platform, 2015. 86 pages. ISBN: 978-1514273487  
*\*Collocated: Health Topics for People of Color*

**The Color of My Mind: Mental Health Narratives from People of Color  
(El color de mi mente: Narrativas de salud mental de personas de color)**

English & Español

English with Spanish translation  
by Dior Vargas [Editor]  
Reclamation Press, 2019. 84 pages. ISBN: 978-1947647398  
*\*Collocated: Health Topics for People of Color*

**Comer para vencer la depresion y la ansiedad  
(Eat to Beat Depression & Anxiety)**

Español

by Drew Ramsey  
Paidos, 2023. 308 pages. ISBN: 978-6075693729  
*\*Collocated: Food & Nutrition*

**Counseling and Psychotherapy for South Asian Americans: Identity, Psychology, and Clinical Implications**

by Ulash Thakore-Dunlap  
Routledge, 2023. 294 pages. ISBN: 978-0367533496  
*\*Collocated: Asian & Asian Americans*

**Decolonizing Mental Health: Embracing Indigenous Multi-Dimensional Balance**

by John Charlton, Herman Michell, Sharon Acoose (Editors)  
J Charlton Publishers, 2020. 332 pages. ISBN: 978-1926476216  
*\*Collocated: Indigenous Peoples*



**(Don't) Call Me Crazy: 33 Voices Start the Conversation About Mental Health**

by Kelly Jensen (Editor)

Algonquin Young Readers, 2018. 240 pages. ISBN: 978-1616207816

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**Eat to Beat Depression and Anxiety: Nourish Your Way to Better Mental Health in Six Weeks**

by Drew Ramsey, M.D.

HarperCollins Publishers Inc., 2021. 270 pages. ISBN: 978-0063031715

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**Emotional: How Feelings Shape Our Thinking**

by Leonard Mlodinow

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by Luis R. Marcos

Harpercollins Espanol, 2023. 271 pages. ISBN: 978-0063293267

**Español**

**From Survive to Thrive: Living Your Best Life with Mental Illness**

by Margaret S. Chisolm

Johns Hopkins University Press, 2021. 150 pages. ISBN: 978-1421441580

**Guia de introduccion sobre salud mental infantil**

**(Introductory Guide to Children's Mental Health)**

by Mentas Libres

Independently Published, 2020. 36 pages. ISBN: 979-8668960699

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**Headcase: LGBTQ Writers and Artists on Mental Health and Wellness**

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Oxford University Press, 2019. 287 pages. ISBN: 978-0190846596

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**Healing: Our Path from Mental Illness to Mental Health**

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**I'm Telling the Truth, but I'm Lying**

by Bassegy Ikpi

Harper Perennial, 2019. 257 pages. ISBN: 978-0062698346

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**Immigrant Youth In Cultural Transition: Acculturation, Identity, And Adaptation Across National Contexts**

by John W. Berry

Routledge, 2023. 305 pages. ISBN: 978-1003309192

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**Indigo**

by Ellen Bass

Copper Canyon Press, 2020. 65 pages. ISBN: 978-1556595754

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by Te K R Kingi; Mason Durie; Hinemoa Elder; Rees Tapsell; Mark Lawrence, Simon Bennett Huia, 2017. 333 pages. ISBN: 978-1775503460

*\*Collocated: Native Hawaiians and Pacific Islanders*

**Maybe This Will Help: How to Feel Better When Things Stay the Same**

by Michelle Rial

Chronicle Books, 2021. 160 pages. ISBN: 978-1797211251

**Michael Rosen's Book of Play: Why Play Really Matters, and 101 Ways to Get More of It in Your Life**

by Michael Rosen

Lightning Source Inc, 2019. 270 pages. ISBN: 978-1788161916 eBook ISBN: 978-1782835189

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**El milagro antiestrés  
(The Anti-Stress Miracle)**

by Carlos Jaramillo

Planeta Publishing, 2021. 256 pages. ISBN: 978-6070772696

**Español**

**The Myth of Closure: Ambiguous Loss in a Time of Pandemic and Change**

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W.W. Norton & Company, 2021. 192 pages. ISBN: 978-1324016816

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**Nobody Knows the Trouble I've Seen: The Emotional Lives of Black Women**

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Amistad Press, 2021. 272 pages. ISBN: 978-0062959829

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Algonquin Of Chapel Hill, 2019. 321 pages. ISBN: 978-1616209131

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Pax, 2019. 216 pages. ISBN: 978-6079472689

**Español**

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Text Publishing, 2021. 296 pages. ISBN: 978-1922330512

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**Simply Psychology**

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DK Publishing, 2022. 160 pages. ISBN: 978-0744048377

**Sleeping Beauties: and Other Stories of Mystery Illness**

by Suzanne O'Sullivan

Pantheon, 2021. 328 pages. ISBN: 978-1524748371

**The Stress Management Workbook: De-Stress in 10 Minutes or Less**

by Dr. Ruth C. White

Althea Press, 2018. 160 pages. ISBN: 978-1939754240

**The Strong Black Woman: How a Myth Endangers the Physical and Mental Health of Black Women**

by Marita Golden

Mango Publishing, 2021. 186 pages. ISBN: 978-1642506839

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**Supporting Neurodiverse College Student Success: A Guide for Librarians, Student Support Services, and Academic Learning Environments**

by Elizabeth Coghill

Rowman & Littlefield, 2021. 296 pages. ISBN: 978-1538137376

*\*Collocated: Health of People with Disabilities*

**The Trans Self-Care Workbook: A Coloring Book and Journal for Trans and Non-Binary People**

by Theo N. Lorenz

Jessica Kingsley Publishers, 2021. 169 pages. ISBN: 978-1787753433

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**The Unapologetic Guide to Black Mental Health: Navigate an Unequal System, Learn Tools for Emotional Wellness, and Get the Help You Deserve**

by Rheeda Walker

New Harbinger Publications, 2020. 218 pages. ISBN: 978-1684034147

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HarperOne, 2022. 351 pages. ISBN: 978-0063227934

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Random House, 2021. 226 pages. ISBN: 978-0593243633

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Houghton Mifflin Harcourt, 2012. 286 pages. ISBN: 978-0547524368

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Penn State University Press, 2015. 220 pages. ISBN: 978-0271067544

### **Bipolar Bear and the Terrible, Horrible, No Good, Very Bad Health Insurance: A Fable for Grownups**

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The Pennsylvania State University Press/Graphic Mundi, 2022. 197 pages.

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### **Bitter Medicine: A Graphic Memoir of Mental Illness**

by Clem Martini

Freehand Books, 2010. 260 pages. ISBN: 978-1460400159

### **Blossoms & Bones: Drawing a Life Back Together**

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Harper One, 2022. 209 pages. ISBN: 978-0062986382

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### **Chlorine Gardens**

by Keiler Roberts

Koyama Press, 2018. 128 pages. ISBN: 978-1927668580

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### **Forgiveness Is Really Strange**

by Masi Noor (Author), Marina Cantacuzino (Author), Sophie Standing (Illustrator)

Singing Dragon, 2018. 64 pages. ISBN: 978-1785921247

### **Ghost Stories**

by Whit Taylor

Rosarium Publishing, 2026. 424 pages. ISBN: 978-2010356021

### **Hospital Suite**

by John Porcellino

Drawn & Quarterly, 2014. 241 pages. ISBN: 978-1770462472

**It's All Absolutely Fine**

by Ruby Elliot

Andrews McMeel, 2017. 256 pages. ISBN: 978-1449480424

**Kusama: The Graphic Novel**

by Elisa Macellari

Laurence King Publishing, 2012. 131 pages. ISBN: 978-2351842813  
(Translated from the Italian)

**Marbles: Mania, Depression, Michelangelo and Me**

by Ellen Forney

Avery Publishing Group / Penguin, 2012. 256 pages. ISBN: 978-1592407323  
eBook ISBN: 978-1101617199

**Mis(H)Adra**

by Iasmin Omar

Ata Gallery 13, 2017. Unpaged ISBN: 978-1501162107

*\*Collocated: Arab & Middle Eastern Americans*  
(Fiction)

**Monstruosamente  
(Monstruous Mind)**

by Alfonso Casas

Random C3mic, 2020. 144 pages. ISBN: 978-8417247881

**Español**

**The Parakeet**

by Esp3 (Author, Artist), Hannah Chute (Translator)

The Pennsylvania State University Press/Graphic Mundi, 2021. 147 pages.

ISBN: 978-0271088051

(Translated from French)

**Psychiatric Tales: Eleven Graphic Stories About Mental Illness**

by Darryl Cunningham

Bloomsbury, 2011. 139 pages. ISBN: 978-1608192786

**Rock Steady: Brilliant Advice from My Bipolar Life**

by Ellen Forney

Fantagraphic Books, Inc., 2018. 179 pages. ISBN: 978-1683961017

**Spring Rain: A Graphic Memoir of Love, Madness, and Revolutions**

by Andy Warner

St. Martins Griffin, 2020. 196 pages. ISBN: 978-1250165978

### **The Third Population**

by Aurélien Ducoudray (Author), Jeff Pourquié (Artist), Kendra Boileau (Translator)  
Penn State University Press, 2020. 107 pages. ISBN: 978-0271087177  
**(Translated from French)**

### **The Third Person**

by Emma Grove  
Drawn and Quarterly, 2022. 920 pages. ISBN: 978-1770466159  
*\*Collocated: LGBTQIA+ Health*

### **Touch Is Really Strange**

by Steve Haines  
Singing Dragon, 2021. 32 pages. ISBN: 978-1787757103

### **Two Heads: A Graphic Exploration of How Our Brains Work with Other Brains**

by Uta Frith, Chris Frith, Alex Frith  
Scribner Book Company, 2022. 352 pages. ISBN: 978-1501194078

## **Audio & Sound Recordings**

### **The Body Keeps the Score**

by Bessel van der Kolk, M.D., (narrated by Sean Pratt)  
Books on Tape/Penguin Random House Audio, 2021. 16:24.16. eAudio ISBN: 978-0593412718

### **Breathe: 21 Days to Stress Less and Transform Chaos to Calm**

by Bonnie Gray  
Dreamscape Media, 2023. 292 minutes. CD Audiobook.

### **Breathing - The Master Key to Self**

by Dr. Andrew Weil, M.D.  
Sounds True Media, 2000. 397 minutes. CD Audiobook Mental Health & Psychology Audio & Sound Recordings English

### **Burnout: The Secret to Unlocking the Stress Cycle (unabridged)**

by Emily Nagoski, PhD & Amelia Nagoski, DMA (narrated by Amelia Nagoski)  
Books on Tape, New York, 2019. 07:01:57. eAudio ISBN: 978-1984845924

### **The Burnout Solution**

by Siobhan Murray  
Brilliance Audio, 2020. 110 minutes. CD Audiobook.

### **Cognitive Behavioral Therapy In 7 Weeks**

by Seth J. Gillihan, PhD  
Blackstone Audio, 2018. 435 minutes. CD Audiobook.

**The Dance of Anger**

by Harriet Lerner

Harper Collins, 2004. 270 minutes. CD Audiobook.

**Fierce Self-Compassion**

by Kristin Neff

Harper Collins, 2021. 600 minutes. CD Audiobook.

**Invisible****Español**

by Eloy Moreno & Rodri Martín (narrated by Elena Silva)

Penguin Random House Grupo Editorial, S.A.U., 2019. 04:52:47. eAudio ISBN: 978-8417605414

**Mindful Cognitive Behavioral Therapy**

by Seth J. Gillihan, PhD

Harper Collins, 2022. 651 minutes. CD Audiobook.

**Notes on a Banana**

David Leite (narrated by David Leite)

Harper Collins Publishers, 2017. 720 minutes. Audio CD ISBN: 978-1538412251

**See No Stranger: A Memoir and Manifesto of Revolutionary Love (unabridged)**

Valarie Kaur (narrated by Valarie Kaur)

Books on Tape, New York, 2020. 13:20:01 eAudio ISBN: 978-0593164730

**Video & Film Recordings****3 Girls I Know**

by Paula Mozen

Paula Mozen, 2020. 54 minutes. DVD.

**Alive Inside**

by Michael Rossato-Bennett

City Drive Films, 2014. 78 minutes. DVD.

**Breaking**

by Abi Damaris Corbin

Decal Bleeker, 2022. 103 minutes. DVD.

**Cognitive Behavioral Therapy for Daily Life**

by Jason Satterfield

The Great Courses, 2020. 720 minutes. DVD.



**Covid-19 Employee Mental Health**

TMW Media Group, 2020. 9 minutes. DVD.

*\*Collocated: Pandemics & Epidemics*

**How Diet Is Connected to Mental Health, Trauma and Addiction**

Films Media Group, 2021. 59 minutes. DVD

*\*Collocated: Food & Nutrition*

**The Impact of Being Human**

TMW Media Group, 2020. 30 minutes. DVD

**Just Like You: Anxiety and Depression**

by Jen Greenstreet

Gravitas Ventures, 2022. 78 minutes. DVD.

**The Mysteries of Mental Illness**

Directed by Peter Yost

PBS, 2021. 215 minutes. DVD.

**Nova: Can Psychedelics Cure?**

by Larkin McPhee

Mercer Boffey, 2023. 55 minutes. DVD.

**Overcoming Anxiety and Depression**

Powersplash, 2020. 9 minutes. DVD.

**Overcome Your Overthinking**

by Heidi Sormaz

The Great Courses, 2022. 360 minutes. DVD.

**The Perks of Being a Wallflower**

by Stephen Chbosky

Lionsgate, 2013. 103 minutes. DVD.

**Qi Gong for Depression and Emotional Balance**

by Lee Holden

YMAA Publication Center, 2020. 45 minutes. DVD.

**Mental Health and Psychology**  
**Anxiety**

**Nonfiction**

**Am I Overthinking This?**

by Michelle Rial

Chronicle Books, 2019. 136 pages. ISBN: 978-1452175867

**The Anatomy of Anxiety: Understanding and Overcoming the Body's Fear Response**

by Ellen Vora

Harper Wave, an imprint of HarperCollins Publishers, 2022. 337 pages. ISBN: 978-006307509

**Aprende a controlar tu ansiedad  
(Learn to Control Your Anxiety)**

by Chris Crortman

Planeta Publishing, 2022. 264 pages. ISBN: 978-6070787669

**Español**

**Deshacer la ansiedad  
(Unwinding Anxiety)**

by Judson Brewer

Planeta Publishing, 2022. 298 pages. ISBN: 978-6075693132

**Español**

**Ensenale a tu ansiedad quien manda  
(Show Your Anxiety Who's Boss)**

by Joel Minden

Penguin Random House, 2021. 263 pages. ISBN: 978-6073802109

**Español**

**First, We Make the Beast Beautiful**

by Sarah Wilson

Dey Street Books, 2018. 312 pages. ISBN: 978-0062836786

**Shook One: Anxiety Playing Tricks on Me**

by Charlamagne Tha God

Atria Book, 2019. 255 pages. ISBN: 978-1501193255

*\*Collocated: Black & African Americans*

**Sin miedo  
(Fearless)**

by Rafael Santandreu

Grijalbo, 2021. 296 pages. ISBN: 978-8425361104

**Español**

**Soothe Your Nerves: The Black Woman's Guide to Understanding and Overcoming Anxiety, Panic, and Fear**

by Dr. Angela Neal-Barnett

Touchstone, 2003. 224 pages. ISBN: 978-1451603637

*\*Collocated: Black & African Americans*

**Unwinding Anxiety: New Science Shows How to Break the Cycles of Worry and Fear to Heal Your Mind**

by Judson Brewer

Avery Publishing Group, 2021. 304 pages. ISBN: 978-0593330449

**Graphic Novels**

**Anxiety Is Really Strange**

by Steve Haines & Sophie Standing

Singing Dragon, 2018. 32 pages. ISBN: 978-1848193895

eBook ISBN: 978-1848194076

**Pequeños trozos de ansiedad: Observaciones para mentes agitadas  
(Thin Slices of Anxiety: Observations and Advice to Ease a Worried Mind)**

**Español**

by Catherine Lepage

Editorial Gustavo Gili S.L., 2020. 108 pages. ISBN: 978-8425232787

**Thin Slices of Anxiety: Observations and Advice to Ease a Worried Mind**

by Catherine Lepage

Chronicle Books, 2016. Unpaged. ISBN: 978-1452145792

(Translated from the French)

**The Worrier's Guide to Life**

by Gemma Correll

Andrews McMeel Publishing, 2015. 103 pages. ISBN: 978-1449466008

**Mental Health and Psychology**  
**Attention Deficit Disorders**

**Nonfiction**

**A Thousand Ways to Pay Attention: A Memoir**

by Rebecca Schiller

The Experiment, 2022. 293 pages. ISBN: 978-1615198801

**Mental Health and Psychology**  
**Autism Spectrum Disorder**

**Fiction**

**Act Your Age, Eve Brown**

by Talia Hibbert

Avon Books, 2021. 400 pages. ISBN: 978-0062941275

**Nonfiction**

**Autism Spectrum, Sexuality and the Law: What Every Parent and Professional Needs to Know**

by Tony Attwood

Jessica Kingsley, 2014. 224 pages. ISBN: 978-0857006790

*\*Collocated: Sexual & Reproductive Health*

**Autistic and Expecting: Practical support for parents to be, and health and social care practitioners**

by Alexis Quinn

Pavilion Publishing, 2021. 285 pages. ISBN: 978-1914010859

*\*Collocated: Pregnancy & Childbirth*

**Dale la vuelta al autismo: Una guía para padres de niños pequeños con síntomas tempranos de autismo**

**Español**

**(Turn Autism Around: A Guide for Parents of Young Children with Early Symptoms of Autism)**

by Mary L. Barbera

Urano, 2022. 264 pages. ISBN: 978-8417694685

**Educational Psychology Perspectives on Supporting Young Autistic People**

by Judith Gainsborough

Jessica Kingsley Publishers, 2022. 316 pages. ISBN: 978-1787758209

**How to Be Human: An Autistic Man's Guide to Life**

By Jory Fleming

Simon & Schuster, 2021. 192 pages. ISBN: 978-1501180507

**I Have Been Buried Under Years of Dust**

by Valerie Gilpeer

Harper Collins, 2021. 264 pages. ISBN: 978-0062984340

**Navigating Autism**

by Temple Grandin

W Norton & Co Inc, 2021. 362 pages. ISBN: 978-0393714845

**The Reason I Jump**

by Naoki Higashida

Random House Inc, 2016. 161 pages. ISBN: 978-0812985153

**Thinking in Pictures**

by Temple Grandin

Vintage Books, 2006. 270 pages. ISBN: 978-0307275653

**Uniquely Human: A Different Way of Seeing Autism (Updated and Expanded)**

by Barry M. Prizant

Simon & Schuster, 2022. 368 pages. ISBN: 978-1982193898

**Unmasking Autism**

by Devon Price

Harmony Books, 2022. 296 pages. ISBN: 978-0593235232

**We're Not Broken**

by Eric Garcia

Harvest Publication, 2021. 304 pages. ISBN: 978-1328587848

**Graphic Novels**

**Invisible Differences: A Story of Asperger's, Adulting, and Living a Life in Full Color**

by Julie Dachez

Oni-Lion Forge Publishing Group, LLC, 2020. 196 pages. ISBN: 978-1620107669

(Translated from the French)

**Sensory: Life on the Spectrum an Autistic Comic Anthology**

by Bex Ollerton (Editor)

Andrews McMeel Publishing, 2022. 176 pages. ISBN: 978-1524874766

**Mental Health and Psychology**  
**Depression**

**Nonfiction**

**El demonio de la depresión**  
**(The Demon of Depression)**

by Andrew Solomon

Debolsillo, 2021. 704 pages. ISBN: 978-6073801409

**Español**

**Depresión o victoria: Crónica de una batalla**  
**(Depression or Victory: Chronicle of a Battle)**

by Meritxell Duran

Reservoir Books, 2020. 200 pages. ISBN: 978-8417910174

**Español**

**I Want to Die but I Want to Eat Tteokbokki**

by Baek Sehee (Author) Anton Hur (Translator)

Bloomsbury, 2022. 192 pages. ISBN: 978-1635579383

*\*Collocated: Asian & Asian Americans*

**Willow Weep for Me**

by Meri Nana-Ama Danquah

W.W. Norton & Company, 1998. 274 pages. ISBN: 978-0393348750

**Graphic Novels**

**Dear Scarlet: The Story of My Postpartum Depression**

by Teresa Wong

Arsenal Pulp Press, 2019. 117 pages. ISBN: 978-1551527659

*\*Collocated: Pregnancy & Childbirth*

**I Had a Black Dog**

by Matthew Johnstone

Robinson, 2007. 48 pages. ISBN: 978-1845295899

**Living With a Black Dog**

by Matthew Johnstone

Andrew McMeel Publishing, 2006. 48 pages. ISBN: 978-0740757433

**My Depression: A Picture Book**

by Elizabeth Swados

Seven Stories Press, 2014. 176 pages. ISBN: 978-1609805500

## Video & Film Recordings

### **Viniyogatherapy for Depression**

by Gary Kraftsow

Pranamaya, Inc., 2011. 158 minutes. DVD.

*\*Collocated: Fitness & Exercise*

### **Yoga for Health: Depression**

by Jenny Cornero

Dreamscape Media LLC, 2019. 56 minutes. DVD.

*\*Collocated: Fitness & Exercise*

### **Yoga para la salud: Depresión**

by Jenny Cornero

Dreamscape Media LLC, 2019. 75 minutes. DVD

*\*Collocated: Fitness & Exercise*

**Español**

## Audio & Sound Recordings

### **Depresión**

by Jesús Ramírez-Bermúdez (narrated by Diego Santana)

Penguin Random House Grupo Editorial, S.A.U., 2021. 06:07:25. eAudio ISBN: 978-6073810876

**Español**



**Mental Health and Psychology**  
**Eating Disorders**

**Nonfiction**

**Aprende de tu hambre emocional**  
**(Learn from Your Emotional Eating)**

by Marisol Santillan

Vergara, 2022. 258 pages. ISBN: 978-6073811187

**Español**

**Enough Already: Learning to Love the Way I Am Today**

by Valerie Bertinelli

Harvest Publications, 2022. 256 pages. ISBN: 978-0358567363

**Esclavos de la comida**  
**(Food Slaves)**

by Paula Garcia

Arcopress, 2020. 221 pages. ISBN: 978-8417828080

**Español**

**Hunger**

by Roxane Gay

HarperCollins, 2017. 306 pages. ISBN: 978-0062362599

**Nervosa**

by Hayley Gold

Street Noise Books, 2023. 240 pages. ISBN: 978-1951491246

**What You Need to Know About Eating Disorders**

by Jessica Bartley

Greenwood Pub Group, 2020. 145 pages. ISBN: 978-1440862397

**Graphic Novels**

**Lighter Than My Shadow**

by Katie Green

Oni Press, 2017. 516 pages. ISBN: 978-1941302415

eBook: 978-1549301094

**Mental Health and Psychology**  
**Grief & Loss**

**Nonfiction**

**The Grieving Brain: The Surprising Science of How We Learn from Love and Loss**

by Mary-Francis O'Connor

Harper One, 2022. 236 pages. ISBN: 978-0062946232

**Graphic Novels**

**Billy, Me & You**

by Nicola Streeten

Myriad Editions, 2007. 208 pages. ISBN: 978-0956559944

*\*Collocated: Death & Dying*

**Ronan and the Endless Sea of Stars**

by Rick Louis

Harry N. Abrams, 2022. 160 pages. ISBN: 978-1419751080

*\*Collocated: Genetic Disorders*

**Mental Health and Psychology**  
**Self-Help**

**Nonfiction**

**Atlas of the Heart: Mapping Meaningful Connection and the Language of Human Experience**

by Brene Brown

Random House Large Print, 2021. 410 pages. ISBN: 978-0593207246

**Despeja tu mente**

**(Clear Your Mind)**

by Leticia Caballero

Crecimiento de autoayuda, 2020. 224 pages. ISBN: 978-3903331952

**Español**

**Empathy: Turning Compassion into Action**

by David Johnston

Signal, 2023. 224 pages. ISBN: 978-0771049064

**Find Your People: Building Deep Community in a Lonely World**

by Jennie Allen

WaterBrook, 2022. 244 pages ISBN: 978-0593193389

*\*Collocated: Relationships*

**The Gifts of Imperfection**

by Brene Brown

Hazelden, 2010. 260 pages. ISBN: 978-1592858491

**Los hábitos de un cerebro feliz**

**(The Habits of a Happy Brain)**

by Loretta G. Breuning

Ediciones Obelisco, 2017. 244 pages. ISBN: 978-8491111481

**Español**

**Help Yourself Now: A Practical Guide to Finding the Information and Assistance You Need**

by Jan Yager

Allworth, 2021. 432 pages. ISBN: 978-1621536307

**How to Do the Work: Recognize Your Patterns, Heal from Your Past, and Create Your Self**

by Nicole LePera

HarperCollins, 2021. 293 pages. ISBN: 978-1409197744

eBook ISBN: 978-0063012103

**An Invitation to Self-Care**

by Tracey Cleantis

Hazelden, 2017. 200 pages. ISBN: 978-1616496791

**The Poetry Remedy: Prescriptions for the Heart, Mind, and Soul**

by William Sieghart

Viking, 2019. 196 pages. ISBN: 978-0525561088

**Sanate: Conecta con tu esencia mediante**

**(Heal Yourself: Connect with Your Essence Through Holistic Psychology)**

by Nicole Lepera

Grijalbo, 2021. 395 pages. ISBN: 978-8425359354

**Español**

**Self-Care for Black Women**

by Oludara Adeeyo

Adams Media Corporation, 2022. 192 pages. ISBN: 978-1507217313

*\*Collocated: Black & African Americans*

**Set Boundaries, Find Peace: A Guide to Reclaiming Yourself**

by Nedra Glover Tawwab

TarcherPerigee, 2021. 282 pages. ISBN: 978-0593192092

eBook ISBN: 978-0593192108

**Tu camino para sanar**

**(Your Path to Healing)**

by Gaby Pérez

Planeta Publishing, 2021. 256 pages. ISBN: 978-6070776106

**Español**

**Volver a ti – Conecta con tu espiritualidad**

**(Come Back to You. Connect with Your Spirituality)**

by Nuria Roura

Grijalbo, 2020. 239 pages. ISBN: 978-8418007019

**Español**

**Wabi Sabi: Japanese Wisdom for a Perfectly Imperfect Life**

by Beth Kempton

Harper Design, 2019. 236 pages. ISBN: 978-0062905154

**Graphic Novels**

**Cheeky: A Head-To-Toe Memoir**

by Ariella Elovic

Bloomsbury, 2020. 241 pages. ISBN: 978-1635574524

## Audio & Sounds Recordings

### **40 Days to Personal Revolution**

by Baron Baptiste (narrated by Baron Baptiste)

Simon & Schuster Audio, 2022. 480 minutes. Audio CD ISBN: 978-1797136370

### **Self-Healing Mind**

by Gregory S. Brown (narrated by Gregory S. Brown)

Harper Collins Publishers, 2022. 450 minutes. Audio CD ISBN: 978-0063094475

**Mental Health and Psychology**  
**Suicide and Suicide Prevention**

**Nonfiction**

**Guided by the Spirits: The Meanings of Life, Death, and Youth Suicide in an Ojibwa Community**

by Seth Allard

Routledge, 2018. 172 pages. ISBN: 978-1351216821

*\*Collocated: Native Americans*

**Mental Health and Psychology**  
**Trauma and Post-Traumatic Stress Disorder (PTSD)**

**Nonfiction**

**Aftershocks: A Memoir**

by Nadia Owusu

Simon & Schuster, 2021. 299 pages. ISBN: 978-1982111229

**All My Friends Live in My Computer: Trauma, Tactical Media, and Meaning**

by Samira Rajabi

Rutgers University Press, 2021. 157 pages. ISBN: 978-1978818958

**Decolonizing Trauma Work: Indigenous Stories and Strategies**

by Renee Linklater

Fernwood Publishing, 2014. 176 pages. ISBN: 978-1552666586

*\*Collocated: Indigenous Peoples*

**EMDR Workbook for Trauma & PTSD**

by Megan Boardman

New Harbinger Pubns Inc, 2023. 152 pages. ISBN: 978-1684039586

**Finding Comfort During Hard Times: A Guide to Healing After Disaster, Violence, and Other Community Trauma**

by Earl Johnson

Rowman and Littlefield Publishing Group, 2020. 167 pages. ISBN: 978-1538127094

eBook ISBN: 978-1538127100

**Heavy: An American Memoir**

by Kiese Laymon

Scribner, 2019. 256 pages. ISBN: 978-1501125669

**A History of Scars: A Memoir**

by Laura Lee

Atria Paperback, 2021. 198 pages. ISBN: 978-1982127282

**Legacy: Trauma, Story, and Indigenous Healing**

by Suzanne Methot

ECW Press, 2019. 368 pages. ISBN: 978-1770414259

eBook ISBN: 978-1773052977

*\*Collocated: Indigenous Peoples*

**My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies**

by Resmaa Menakem

Central Recovery Press, 2017. 300 pages. ISBN: 978-1942094470

*\*Collocated: Racism*

**The Pain We Carry: Healing from Complex PTSD for People of Color**

by Natalie Y. Gutiérrez

New Harbinger Publications, 2022. 197 pages. ISBN: 978-1684039319

**Unbroken: The Trauma Response is Never Wrong**

by MaryCatherine McDonald

Sounds True Inc, 2023. 192 pages. ISBN: 978-1683648840

**What Happened to You?: Conversations on Trauma, Resilience, and Healing**

by Bruce Perry and Oprah Winfrey

Flatiron Books, 2021. 301 pages. ISBN: 978-1250223180

**What My Bones Know: A Memoir of Healing from Complex Trauma**

by Stephanie Foo

Ballantine Books, 2022. 329 pages. ISBN: 978-0593238103

**Why Does He Do That? Inside the Minds of Angry and Controlling Men**

by Lundy Bancroft

Putnam Adult, 2002. 432 pages. ISBN: 978-0425191651

**Graphic Novels**

**Algériennes: The Forgotten Women of the Algerian Revolution**

by Swann Meralli

The Pennsylvania State University Press, 2020 113 pages. ISBN: 978-0271086231

**Freedom Hospital: A Syrian Story**

by Hamid Sulaiman

Interlink Books, 2018 288 pages. ISBN: 978-1623719951

*\*Collocated: War*

**Looking at Trauma: A Tool Kit for Clinicians**

by Abby Hershler

Penn State University Press, 2021. 77 pages. ISBN: 978-0271092072

eBook ISBN: 978-0271092287



**Not My Shame**

by T. O. Walker

Singing Dragon, 2017. Unpaged. ISBN: 978-1785921841

*\*Collocated: Sexual Violence*

**Trauma Is Really Strange**

by Steve Haines & Sophie Standing

Singing Dragon, 2015. 32 pages. ISBN: 978-1848192935

**We All Wish for Deadly Force**

by Leela Corman

Retrofit Comics LLC, 2016. 88 pages. ISBN: 978-1940398518

**Audio & Sounds Recordings****Finding Comfort During Hard Times: A Guide to Healing after Disaster, Violence, and Other Community Trauma (unabridged)**

by Earl Johnson (narrated by Adam Lofbomm)

Tantor Media, Inc., 2020. 06:06:32. eAudio ISBN: 978-1705253076

**Healing the Roots of Trauma**

by Dawson Church (narrated by Dawson Church)

Macmillan Audio, 2022. 360 minutes. Audio CD ISBN: 978-1683649366

**The Wisdom of Trauma**

by Zaya Benazzo

Video project, 2022. 149 minutes. DVD.

**Video & Film Recordings****Thank You for Your Service**

Directed by Jason Hall

Universal, 2018. 109 minutes. DVD.

*\*Collocated: War*

**Nutrition and Fitness  
Cookbooks**

**Nonfiction**

**5 Ingredients: Quick and Easy Food**

by Jamie Oliver

Flatiron Books, 2019. 320 pages. ISBN: 978-1250303882

**América Latina. Gastronomía  
(Latin American Cookbook)**

by Virgilio Martínez

Phaidon Press, 2021. 432 pages. ISBN: 978-1838663544

**Español**

**Antioxidantes: Alimentos y recetas antiedad  
(Antioxidants: Anti-Aging Foods and Recipes)**

by Mariza Snyder

Urano, 2021. 128 pages. ISBN: 978-8416972814

**Español**

**Beat Cancer Kitchen**

by Chris Wark

Hay House, 2023. 241 pages. ISBN: 978-1401965211

*\*Collocated: Cancer*

**Clean & Delicious**

by Dani Spies

Alpha Books, 2023. 255 pages. ISBN: 978-0744077001

**Cocina Keto  
(The Keto Kitchen)**

by Laura Garat

Grijalbo Mondadori, 2022. 255 pages. ISBN: 978-8418055324

**Español**

**Cocina Sana y Feliz  
(Healthy and Happy Cooking)**

by Connie Achurra Grijalbo

Mondadori, 2023. 244 pages. ISBN: 978-8425363856

**Español**

**Cocinología: La ciencia de cocinar  
(The Science of Cooking)**

by Stuart Farrimond

DK Publishing, 2019. 256 pages. ISBN: 978-1465486844

**Español**

**Cook Smart, Eat Well**

by Jennifer A. Welper

Mayo Clinic Press, 2022. 272 pages. ISBN: 978-1893005808

**Cristy's Kitchen**

by Cristina Kisner

William Morrow Cookbooks, 2023. 319 pages. ISBN: 978-0063214682

**Deliciously Ella: Mi Libro de Cocina Vegana  
(Deliciously Ella: My Vegan Cookbook)**

**Español**

by Ella Mills

Salamandra, 2021. 286 pages. ISBN: 978-8418107153

**Dinner for Everyone: 100 Iconic Dishes Made 3 Ways – Easy, Vegan, Or Perfect for Company**

by Mark Bittman

Clarkson Potter, 2019. 432 pages. ISBN: 978-0385344760

**Donshiftology Healthy Meal Prep**

by Lisa Bryan

Clarkson Potter, 2022. 303 pages. ISBN: 978-0593235577

**Eat the Rainbow**

by Harriet Porterfield

Leaping Hare Pr, 2023. 191 pages. ISBN: 978-0711276857

**Everyday Healthy Cookbook**

by Kathy Hodson

Rockridge Press, 2020. 178 pages. ISBN: 978-1646116546

**Everything Low-Cholesterol Cookbook**

by Laura Livesey

Everything, 2023. 272 pages. ISBN: 978-1507220177

**Everything One Pot Mediterranean Cookbook**

by Peter Minaki

Everything, 2023. 271 pages. ISBN: 978-1507220238

**Fast 800 Keto Recipe Book**

by Clare Bailey

Short Books, 2023. 255 pages. ISBN: 978-1780725130

**Fix It with Food: Every Meal Easy**

by Michael Symon

Clarkson Potter/Publishers, 2021. 255 pages. ISBN: 978-0593233108

**Fresh Alaska Cookbook**

by Rob Kinnenn

University of Alaska Press, 2018. 144 pages. ISBN: 978-1602233591

**Fridge Love: Organize Your Refrigerator for A Healthier, Happier Life – With 100 Recipes**

by Kristen Hong

Mariner Books, 2022. 334 pages. ISBN: 978-0358434726

**Heal Your Leaky Gut Diet and Meal Plan**

by David Brownstein

Humanix Pub LLC, 2023. 170 pages. ISBN: 978-1630062217

*\*Collocated: Digestive System*

**Immunity Food Fix Cookbook**

by Donna B Mazzola

Fair Winds Press, 2023. 192 pages. ISBN: 978-0760381182

**Macro Cooking Made Simple**

by Rachel Werner

Chartwell Books, 2023. 159 pages. ISBN: 978-0785841999

**Met Flex Diet**

by Ian K. Smith

Harvest, 2023. 261 pages. ISBN: 978-0063289826

**Mexico Gastronomía Vegetariana  
(The Mexican Vegetarian Book)**

by Margarita Carrillo Arronte

Phaidon Press, 2022. 416 pages. ISBN: 978-1838665777

**Español**

**More Than Veggies: Asian Favourites Made Plant-Based**

by Joy Yuan

Marshall Cavendish International (Asia), 2020. 132 pages. ISBN: 978-9814928038

**Mostly Veggies**

by Brittany Mullins

Voracious, 2023. 271 pages. ISBN: 978-0316427920

**Rachael's Good Eats**

by Rachael Devaux

Griffin, 2023. 256 pages. ISBN: 978-1250850393

**Rainbow Food de Superchulo** Español  
by Rebeca Toribio  
Vergara, 2023. 127 pages. ISBN: 978-8418620980

**Refuerza tus defensas: Consigue un sistema inmunitario fuerte de forma natural** Español  
**(Strengthen Your Defenses: Get A Strong Immune System Naturally)**  
by Alvaro Vargas  
Grijalbo, 2021. 220 pages. ISBN: 978-8425360367

**La Revolucion de la Glucose** Español  
**(The Glucose Revolution)**  
by Jessie Inchauspe  
Planeta Publishing, 2022. 303 pages. ISBN: 978-6070790515

**Salad Seasons**  
by Sheela Prakash  
Rizzoli Intl Pubns, 2023. 208 pages. ISBN: 978-0847899265

**El secreto de la vida a base de plantas** Español  
**(The Secret of Plant-Based Life)**  
by Draco Rose  
Aguilar, 2015. 144 pages. ISBN: 978-1941999462

**Super Simple Autoimmune Cookbook**  
by Sophie Van Tiggelen  
New Shoe Pr, 2023. 191 pages. ISBN: 978-0760383605

**Super Tonics**  
by Meredith Youngson  
Ten Speed Pr, 2023. 191 pages. ISBN: 978-1984861672

**Tasty Pride: 75 Recipes and Stories from the Queer Food Community**  
by Jesse Szewczyk  
Clarkson Potter, 2020. 223 pages. ISBN: 978-0593136980  
*\*Collocated: LGBTQIA+ Health*

**Tasty, Healthy, Cheap**  
by Kevin Tatar  
Harvard Common Pr, 2023. 176 pages. ISBN: 978-0760382202

**Tlingit Recipes of Today and Long Ago** English & Tlingit  
by Pauline Duncan  
Cookbook Publishers, Inc, 2006. 86 pages. ISBN: OCLC 166592354

**Truly Simple**

by Kristin Cavalleri

Rodale Pr, 2023. 271 pages. ISBN: 978-0593578780

**Vegetable Revelation**

by Steven Satterfield

Harperwave, 2023. 314 pages. ISBN: 978-0063088030

**The Weekday Vegetarians**

by Jenny Rosenstrach

Clarkson Potter, 2021. 256 pages. ISBN: 978-0593138748

**Nutrition and Fitness**  
**Fitness & Exercise**

**Nonfiction**

**15 Minute Stretch: Four 15-Minute Workouts for Flexibility, Posture, and Strength**

by Suzanne Martin

DK, 2022. 111 pages. ISBN: 978-0744051292

**52 Ways to Walk: The Surprising Science of Walking for Wellness and Joy, One Week at A Time**

by Annabel Streets

G.P. Putnam's Sons, 2022. 267 pages. ISBN: 978-0593419953

**Anatomía del yoga: Un estudio fisiológico postura a postura  
(Science of Yoga: A Posture-by-Posture Physiological Study)**

**Español**

by Ann Swanson

DK Publishing, 2019. 224 pages. ISBN: 978-1465485342

**B.K.S. Iyengar Yoga the Path to Holistic Health: The Definitive Step-By-Step Guide**

by B.K.S. Iyengar

DK Publishing, 2021. 432 pages. ISBN: 978-0744033724

**Breathe, Focus, Excel**

by Martin Harvey

Human Kinetics, 2023. 202 pages. ISBN: 978-1718210172

**Complete Guide to Strength Training Method**

by Keven Arseneault

Human Kinetics Publishers, 2023. 344 pages. ISBN: 978-1718216693

**Exercise: Why Something We Never Evolved to Do Is Healthy and Rewarding**

by Daniel Lieberman

Pantheon Books, 2021. 464 pages. ISBN: 978-1524746988

**Fat Girls Hiking: An Inclusive Guide to Getting Outdoors at Any Size or Ability**

by Summer Michaud-skog,

Timber Press, 2022. 250 pages. ISBN: 978-1643260396

eBook ISBN: 978-1643261195

**Fit Citizens: A History of Black Women's Exercise from Post-Reconstruction to Postwar America**

by Ava Purkiss

The University of North Carolina Press, 2023. 231 pages. ISBN: 978-1469672724

*\*Collocated: Black /African Americans*

**Friction Factor**

by Tyler Martin

Bch Fulfillment & Distribution, 2023. 284 pages. ISBN: 979-8986402048

**Functional Training for the Mind**

by Jeremy Bhandari

Mango, 2023. 216 pages. ISBN: 978-1684811335

**Healing Through Yoga: Transform Loss into Empowerment**

by Paul Denniston

Chronicle Prism, 2022. 264 pages. ISBN: 978-1797210223

**HIIT: Entrenamiento de intervalos de alta intensidad  
(Science of HIIT)**

**Español**

by Ingrid S. Clay

DK Pub, 2023. 224 pages. ISBN: 978-0744079111

**Let's Get Physical: How Women Discovered Exercise and Reshaped the World**

by Danielle Friedman

G.P. Putman's Sons, 2022. 328 pages. ISBN: 978-0593188422

**Make the Pool Your Gym**

by Karl Knopf

Ulysses Pr, 2023. 104 pages. ISBN: 978-1646045075

**Mi diario de yoga  
(My Yoga Journal)**

**Español**

by Xuan Lan

Grijalbo Ilustrados, 2020. 256 pages. ISBN: 978-8417752361

**Pajama Pilates: 40 Exercises for Stretching, Strengthening, and Toning at Home**

by Maria Mankin

Chronicle Press, 2021. 111 pages. ISBN: 978-1797207087

**Pilates for Everyone: 50 Poses for Every Type of Body**

by Micki Havard

Alpha Books, 2021. 256 pages. ISBN: 978-1615649921



**Run Like a Pro (Even if You're Slow): Elite Tools and Tips for Runners at Every Level**

by Matt Fitzgerald

Berkley, 2022. 320 pages. ISBN: 978-0593201916

**Science of HIIT**

by Ingrid S. Clay

DK Pub, 2022. 224 pages. ISBN: 978-0744051285

**The Secret to Superhuman Strength**

by Alison Bechdel

Mariner House, 2021. 231 pages. ISBN: 978-0544387652

**Yoga for Healthy Aging: A Guide to Lifelong Well-Being**

by Baxter Bell & Nina Zolotow

Random House, 2017. 336 pages. ISBN: 978-1611803853

eBook ISBN: 978-0834841222

*\*Collocated: Aging*

**Yoke: My Yoga of Self-Acceptance**

by Jessamyn Stanley

Workman Publishing Company, 2021. 198 pages. ISBN: 978-1523505210

eBook ISBN: 978-1523513987

**Audio & Sounds Recordings**

**Yoke: My Yoga of Self-Acceptance**

by Jessamyn Stanley (narrated by Jessamyn Stanley)

Blackstone, 2021. 270 minutes. Audio CD ISBN: 978-1665047531

**Video & Film Recordings**

**30 Minutes to Fitness: Your Healthy Back**

by Kelly Coffrey-Meyer

BayView Entertainment, 2014. 45 minutes DVD.

**Diabetes and Exercise**

Roberta Anding

Idea Health and Fitness Association, 2011. 74 minutes. DVD

*\*Collocated: Diabetes*

**Exercise and Mental Health: The Mind-Body Connection**

Healthy Learning, 2012. 83 minutes. DVD

**Pure Pilates**

Rick Ramirez

Publisher synergetic, 2018. 63 minutes. DVD

**Stott Pilates: Armchair Pilates with Hand Weights**

Merithew Entertainment, 2013. 79 minutes. DVD

**Stott Pilates: Basic Pilates 2<sup>nd</sup> Edition**

Merithew Entertainment, 2008. 66 minutes. DVD

**Sun Tai Chi**

Chenhan Yang (directed by David Silver)

YMAA Publication Center. 2021. 115 minutes. DVD

**Tai Chi Fit: For Women**

by David Silver

YMAA Publication Center, 2021. 45 minutes DVD.

**Viniyogatherapy for Depression**

Gary Kraftsow

Pranamaya, INC., 2011. 158 minutes. DVD

*\*Collocated: Depression*

**Yoga for Health: Depression**

Jenny Cornero

Dreamscape Media LLC, 2019. 56 minutes. DVD

*\*Collocated: Depression*

**Yoga for Pregnancy: Deep Breathing Yin Yoga**

by MJ Gordan, 2022. 22 minutes DVD.

**Yoga para la salud: Depresión**

(Yoga for Health: Depression)

Jenny Cornero

Dreamscape Media LLC, 2019. 75 minutes. DVD

*\*Collocated: Depression*

**Yoga Therapy for Back Pain**

by Emily Kligerman

Bayview, 2012. 99 minutes DVD.

**Español**

**Nutrition and Fitness**  
**Food and Nutrition**

**Nonfiction**

**The Beginner's Guide to Growing Great Vegetables**

by Lorene Edwards Forkner

Timber Press, 2021. 223 pages. ISBN: 978-1643260853

**Brotha Vegan: Black Men Speak on Food, Identity, Health and Society**

by Omowale Adewale

Lantern Publishing & Media, 2021. 230 pages. ISBN: 978-1590565988

*\*Collocated: Black & African Americans*

**By Any Greens Necessary: A Revolutionary Guide for Black Women Who Want to Eat Great, Get Healthy, Lose Weight, and Look Phat**

by Tracye Lynn McQuirter

Independent Publishers Group, 2010. 240 pages. ISBN: 978-1556529986

eBook ISBN: 978-1569766620

*\*Collocated: Black & African Americans*

**La Ciencia de la Nutricion  
(The Science of Nutrition)**

by Rhiannon Lambert

DK Pub, 2022. 224 pages. ISBN: 978-0744064254

**Español**

**Comer para vencer la depresion y la ansiedad  
(Eat to Beat Depression & Anxiety)**

by Drew Ramsey

Paidos, 2023. 308 pages. ISBN: 978-6075693729

*\*Collocated: Mental Health & Psychology*

**Español**

**Cuida de ti  
(Take Care of Yourself)**

by Cristina Andrades

Vergara, 2021. 240 pages. ISBN: 978-8417664893

**Español**

**Dime que como ahora  
(Tell Me What to Eat Now)**

by Blanca Garcia-Orea Haro

Grijalbo Mondadori, 2023. 255 pages. ISBN: 978-8425362330

**Español**

**Eat to Beat Depression and Anxiety: Nourish Your Way to Better Mental Health in Six Weeks**

by Drew Ramsey, M.D.

HarperCollins Publishers Inc., 2021. 270 pages. ISBN: 978-0063031715

eBook ISBN: 978-0063031739

*\*Collocated: Mental Health & Psychology*

**Eating While Black: Food Shaming and Race in America**

by Psyche A. Williams-Forsion

University of North Carolina Press, 2022. 264 pages. ISBN: 978-1469668451

*\*Collocated: Black & African Americans*

**Espectro de la inflamacion  
(The Spectrum of Inflammation)**

**Español**

by Will Cole

Editorial Sirio, 2020. 350 pages. ISBN: 978-8418531415

**Indigenous Food Sovereignty in the United States: Restoring Cultural Knowledge, Protecting Environments, and Regaining Health**

by Devon A. Mihesuah (Editor), Elizabeth Hoover (Editor), Winona LaDuke (Foreword)

University of Oklahoma Press, 2019. 390 pages. ISBN: 978-0806163215

eBook ISBN: 978-0806165783

*\*Collocated: Native Americans*

**Just One Thing**

by Michael Mosely

Mobius, 2023. 207 pages. ISBN: 978-1780725512

**More Fuel You**

by Renee McGregor

Vertebrate Pub, 2023. 180 pages. ISBN: 978-1839810824

**Plant Love Kitchen**

by Marisa Moore

Natl Geographic Society, 2023. 254 pages. ISBN: 978-1426222214

**Plantifully Lean**

by Kiki Nelson

S&S/Simon Element, 2023. 261 pages. ISBN: 978-1668017081

**Lo que la comida le hace a tu cerebro  
(What Food Does to Your Brain)**

**Español**

by Uma Naidoo

Grijalbo, 2022. 380 pages. ISBN: 978-6073805544

**Recovering Our Ancestors' Gardens: Indigenous Recipes and Guide to Diet and Fitness**

Devon A. Mihesuah

Bison Books, 2020. 384 pages. ISBN: 978-0803245259

*\*Collocated: Indigenous Peoples*

**Supervivir: Vuelve al origen y recupera tu salud  
(Survival. Go Back to the Origin and Recover Your Health)**

by Carlos Stro

Grijalbo Mondadori, 2023. 292 pages. ISBN: 978-8425362194

**Español**

**Unlock Your Macro Type**

by Christine Hronec

Harvest, 2023. 323 pages. ISBN: 978-0063268784

**The Wellness Trap**

by Christy Harrison

Little Brown Spark, 2023. 311 pages. ISBN: 978-0316315609

**Your Super Life**

by Kristel De Groot

Harvest, 2023. 297 pages. ISBN: 978-0063236752

**Video & Film Recordings**

**How Diet Is Connected to Mental Health, Trauma and Addiction**

Films Media Group, 2021. 59 minutes. DVD

*\*Collocated: Mental Health & Psychology*

**Audio & Sounds Recordings**

**Más vegetales, menos animales: Una alimentación más saludable y sostenible  
(More Vegetables, Less Animals: A Healthier and More Sustainable Diet)**

by Julio Basulto & Juanjo Cáceres (narrated by Julio Basulto & Juanjo Cáceres)

Penguin Random House Grupo Editorial, S.A.U., 2020. 08:58:15.

eAudio ISBN: 978-8466348515

**Español**

**This Is Your Brain on Food**

by Uma Naidoo (narrated by Deepti Gupta)

Blackstone Audio Inc., 2020. 480 minutes. Audio CD ISBN: 978-1549153822

**Parenting  
General Titles**

**Nonfiction**

**Brain-Body Parenting: How to Stop Managing Behavior and Start Raising Joyful, Resilient Kids**

by Mona Delahooke

Harper Wave, 2022. 352 pages. ISBN: 978-0063061316

**Cómo abrazar a un erizo: 12 claves para conectar de forma positiva con los adolescentes  
(How to Hug a Hedgehog)**

by Brad Wilcox

Books4pocket, 2021. 192 pages. ISBN: 978-8416622573

**Español**

**The Grandfamily Guidebook**

by Andrew Adesman

Hazelden, 2018. 416 pages. ISBN: 978-1616497576

**Guia de introduccion sobre salud mental infantil  
(Introductory Guide to Children's Mental Health)**

by Mentas Libres

Independently Published, 2020. 36 pages. ISBN: 979-8668960699

*\*Collocated: Mental Health & Psychology*

**Español**

**Hijos de alta demanda. manual para padres  
(High Demand Kids. A Manual for Parents)**

by Ursula Perona

Editorial Toromítico, 2021. 160 pages. ISBN: 978-8415943907

**Español**

**The Innovative Parent: Raising Connected, Happy, Successful Kids Through Art**

by Erica Ping & Curtis Ho

Swallow Press, 2019. 232 pages. ISBN: 978-0804012157

**Michael Rosen's Book of Play: Why Play Really Matters, and 101 Ways to Get More of It in Your Life**

by Michael Rosen

Lightning Source Inc, 2019. 270 pages. ISBN: 978-1788161916 eBook ISBN: 978-1782835189

*\*Collocated: Mental Health & Psychology*

**The Natural Mother of the Child: A Memoir of Nonbinary Parenthood**

by Krys M. Belc

Counterpoint, LLC, 2021 304 pages. ISBN: 978-1640094383

*\*Collocated: LGBTQIA+ Health*

**Niños altamente sensibles; guía esencial**

(Highly Sensitive Children: An Essential Guide)

by Bea Sánchez

Universo PAS Ediciones, 2022. 167 pages. ISBN: 978-8412518832

**Español**

**El poder de la presencia: cómo la presencia de los padres**

**Moldea el Cerebro de los Hijos y Configura las Personas Que Llegarán a Ser**

(The Power of Presence)

by Daniel J. Siegel Alba Editorial, 2020. 280 pages. ISBN: 978-

8490656471 Parenting Nonfiction **Español**

**Español**

**Raising Multiracial Children: Tools for Nurturing Identity in a Racialized World**

by Farzana Nayani

North Atlantic Books (2020), 288 pages 2020 239 pages ISBN: 978-1623174491

*\*Collocated: Multiracial Individuals*

**Revolutionary Mothering: Love on the Front Lines**

by Alexis Pauline Gumbs, China Martens, Mai'a Williams

PM Press, 2016. 250 pages. ISBN: 978-1629631103

*\*Collocated: Diversity, Equity, & Inclusion*

**The Scaffold Effect: Raising Resilient, Self-Reliant, and Secure Kids in an Age of Anxiety**

by Harold S. Koplewicz

Harmony, 2021 272 pages. ISBN: 978-0593139349

**Graphic Novels**

**Hole in the Heart: Bringing Up Beth**

by Henny Beaumont

Penn State University Press, 2016. 273 pages. ISBN: 978-0271077406

*\*Collocated: Genetic Disorders*

**Persephone's garden**

by Glynnis Fawkes

Secret Acres, 2019. 272 pages. ISBN: 978-0999193563

**Pretending Is Lying**

by Dominique Goblet

New York Review, Comics, 2017. 144 pages. ISBN: 978-1681370477

**Spot 12: Five Months in the Neonatal ICU**

by Jenny Jaeckel

Raincloud Press, 2016. 116 pages. ISBN: 978-1941203156

**Sunburning**

by Keiler Roberts

Koyama Press, 2017. 120 pages. ISBN: 978-1927668443



**Parenting**  
**Adoption & Foster Care**

**Nonfiction**

**Adopción e identidades: cultura y raza en la integración familiar y social** **Español**  
**(Adoption and Identities: Culture and Race in Family and Social Integration)**

by Eulàlia Torras

Editorial Octaedro, S.L., 2011. 160 pages. ISBN: 978-8499212371

**Adopción, trauma y juego: Manual para tratar a los niños** **Español**  
**Adoptados y Maltratados a Través del Juego**  
**(Adoption, Trauma and Play)**

by Montserrat Lapastora

Desclée De Brouwer, 2018. 352 pages. ISBN: 978-8433030115

**Del miedo al amor: Su guía esencial para criar hijos** **Español**  
**adoptivos y de crianza**  
**(From Fear to Love)**

by Bryan Post

Independently published, 2020. 184 pages. ISBN: 979-8650906322

**Estrategias y soluciones para padres adoptivos de la A a la Z** **Español**  
**Strategies and Solutions for Adoptive Parents from A to Z)**

by Sarah Naish

EDICIONES OBELISCO S.L., 2019. 400 pages. ISBN: 978-8491114406

**Psicología del bebé adoptado** **Español**  
**Psychology of the Adopted Baby)**

by Montserrat Lapastora

Desclée De Brouwer, 2021. 192 pages. ISBN: 978-8433031402

**Vincúlate. relaciones reparadoras del vínculo en los niños** **Español**  
**Adoptados y Acogidos**  
**(Bond. Repairing the Relationship Bond in Adopted and Fostered Spanish Children)**

by José L. Marrodán

Desclée De Brouwer, 2015. 192 pages. ISBN: 978-8433027894

**Graphic Novels**

**Palimpsest: Documents from a Korean Adoption**

by Lisa Wool-Rim Sjöblom

Drawn & Quarterly, 2019. 151 pages. ISBN: 978-1770463301

(Translated from Swedish)

## Sexual and Reproductive Health General Titles

### Nonfiction

#### **Autism Spectrum, Sexuality and the Law: What Every Parent and Professional Needs to Know**

by Tony Attwood

Jessica Kingsley, 2014. 224 pages. ISBN: 978-0857006790

*\*Collocated: Autism Spectrum Disorders*

#### **Enduring Shame**

by Heather B. Adams

University of South Carolina Press, 2022. 252 pages. ISBN: 978-1643362946

*\*Collocated: Health Equity*

#### **Loved and Wanted: A Memoir of Choice, Children, and Womanhood**

by Christa Parravani

Henry Holt, 2020. 206 pages. ISBN: 978-1250756848

*\*Collocated: Health Equity*

#### **Queer Conception: The Complete Fertility Guide for Queer and Trans Parents-To-Be**

by Kristin L. Kali

Sasquatch Books, 2022. 320 pages. ISBN: 978-1632173980

*\*Collocated: LGBTQIA+ Health*

#### **Slow Sex: El arte y el oficio del orgasmo femenino (Slow Sex: The Art and Craft of the Female Orgasm)**

Español

by Nicole Daedone

Océano, 2021. 256 pages. ISBN: 978-6077353393

#### **Supporting Queer Birth: A Book for Birth Professionals and Parents**

by AJ Silver

Jessica Kingsley Publishers, 2022. 224 pages. ISBN: 978-1839970450

*\*Collocated: LGBTQIA+ Health*

### Graphic Novels

#### **Comics for Choice: Illustrated Abortion Stories, History and Politics**

by Hazel Newlevant (Editor), Whit Taylor (Editor), O K Fox (Editor)

Silver Sprocket, 2023. 308 pages. ISBN: 979-8886200140

*\*Collocated: Health Equity*

**Graphic Reproduction: A Comics Anthology**

by Jenell Johnson

Penn State University Press, 2018. 217 pages. ISBN: 978-0271080949

**I Know You Rider: A Memoir**

by Leslie Stein

Drawn & Quarterly, 2020. 133 pages. ISBN: 978-1770464018

*\*Collocated: Health Equity*

**Not Your Mother's Meatloaf: A Sex Education Comic Book**

by Saiya Miller

Soft Skull Press, 2013. 181 pages. ISBN: 978-1593765170

**Our Lady of Birth Control: A Cartoonist's Encounter with Margaret Sanger**

by Sabrina Jones

Soft Skull, 2016. 160 pages. ISBN: 978-1593766405

**A Quick & Easy Guide to Sex & Disability**

by A. Andrews

Limerence Press, 2020. 70 pages. ISBN: 978-1620106945

*\*Collocated: Health of People with Disabilities*

**Sexuality: A Graphic Guide**

by Meg-John Barker

Icon, 2021. 176 pages. ISBN: 978-1785786532

## Sexual and Reproductive Health Infertility

### Graphic Novels

#### **Blossoms & Bones: Drawing a Life Back Together**

by Kim Krans

Harper One, 2022. 209 pages. ISBN: 978-0062986382

*\*Collocated: Eating Disorders*

#### **Catalogue Baby: A Memoir of Infertility**

by Myriam Steinberg

Page Two Books, 2021. 251 pages. ISBN: 978-1989603642

#### **If: A Memoir of Infertility**

by Sheila Alexander

Archway Publishing, 2019. 64 pages. ISBN: 978-1480875395

#### **In Vitro**

by William Roy

Life Drawn, 2020. 155 pages. ISBN: 978-1643379883

#### **Two-Week Wait: An IVF Story**

by Luke Jackson & Kelly Jackson

Scribe Us, 2021. 160 pages. ISBN: 978-1950354634

## Sexual and Reproductive Health Menopause

### Nonfiction

#### **Con hormonas y a lo loco (Hormones Going Crazy)**

by Clotilde Vázquez

Vergara, 2022. 182 pages. ISBN: 978-8418045974

**Español**

#### **Menopause: 50 Things You Need to Know**

by Felice Gersh

Rockridge Press, 2021. 182 pages. ISBN: 978-1638070962

#### **What Fresh Hell Is This?**

by Heather Corinna

Hachette Books, 2021. 324 pages. ISBN: 978-0306874765

### Graphic Novels

#### **Menopause: A Comic Treatment**

by M K Czerwiec

Penn State University Press, 2020. 144 pages. ISBN: 978-0271087122

eBook ISBN: 978-1637790205

### Audio & Sound Recordings

#### **Queen Menopause**

by Allison Daddo (narrated by Allison Daddo)

Brilliance Audio Inc., 2022. 480 minutes. Audio CD ISBN: 978-1038609083

**Sexual and Reproductive Health  
Pregnancy and Childbirth**

**Nonfiction**

**The Birth Partner: A Complete Guide to Childbirth for Dads, Partners, Doulas, and Other Labor Companions (5<sup>th</sup> Edition)**

by Penny Simkin

Harvard Common Press, 2018. 440 pages. ISBN: 978-1558329102

**El embarazo semana a semana  
(Pregnancy Week by Week)**

by Miranda Fernandez

Almuzara, 2022. 304 pages. ISBN: 978-8418757792

**Español**

**Pregnancy and Birth: A Reference Handbook**

by Keisha L. Goode & Barbara Katz Rothman

ABC-Clio Inc, 2021. 323 pages. ISBN: 978-1440869211

**Study Guide for Foundations of Maternal-Newborn and Women's Health Nursing**

by Sharon Murray

Saunders publishing, 2018. 288 pages. ISBN: 978-0323479660

**Graphic Novels**

**Autistic and Expecting: Practical Support for Parents to Be, and Health and Social Care Practitioners**

by Alexis Quinn

Pavilion Publishing, 2021. 285 pages. ISBN: 978-1914010859

*\*Collocated: Autism Spectrum Disorders*

**Be Pregnant: An Illustrated Companion for Moms-To-Be**

by Eugenia Viti

Voracious, 2022. 208 pages. ISBN: 978-0316628457

eBook ISBN: 978-1250247452

**Chlorine Gardens**

by Keiler Roberts

Koyama Press, 2018. 128 pages. ISBN: 978-1927668580

*\*Collocated: Autoimmune & Chronic Illness & Mental Health*

**Dear Scarlet: The Story of My Postpartum Depression**

by Teresa Wong

Arsenal Pulp Press, 2019. 117 pages. ISBN: 978-1551527659

*\*Collocated: Depression*

**Empuja: Nuestros partos. nuestras historias**

**(Push!: Our Deliveries. Our Stories)**

by Fleur Godart

Anaya multimedia, 2021. 224 pages. ISBN: 978-8441543713

**Español**

**Kid Gloves: Nine Months of Careful Chaos**

by Lucy Knisley

First Second books, 2019. 256 pages. ISBN: 978-1626728080

**El meteorito: De cuando fui madre y todo voló en mil pedazos**

**(The Meteorite: When I Was a Mother and Everything Blew Up)**

by Amaia Arrazola

Lunweg Editores, 2020. 168 pages. ISBN: 978-8418260193

**Español**

**My Body Created a Human**

by Emma Ahlqvist

Princeton Architectural Press, 2022. 240 pages. ISBN: 978-1648961557

**Pregnant Butch: Nine Long Months Spent in Drag**

by A. K. Summers

Soft Skull Press, 2014. 128 pages. ISBN: 978-1593765408

*\*Collocated: LGBTQIA+ Health*

**Sexual and Reproductive Health**  
**Pregnancy & Childbirth - Reproductive Health Disparities**

**Fiction**

**Take My Hand**

by Dolen Perkins-Valdez

Berkley, 2022. 359 pages. ISBN: 978-0593337691

*\*Collocated: Black & African Americans*

**Nonfiction**

**Babylost: Racism, Survival, and the Quiet Politics of Infant Mortality, from A to Z**

by Monica J. Casper

Rutgers University Press, 2022. 259 pages. ISBN: 978-1978825956

*\*Collocated: Black & African Americans*

**Battling over Birth: Black Women and the Maternal Health Care Crisis**

by Julia C. Oparah, Helen Arega, Dantia Hudson, Linda Jones, Talita Oseguera

Praeclarus Press, 2018. 202 pages. ISBN: 978-1946665119

*\*Collocated: Black & African Americans*

**Birthing Justice: Black Women, Pregnancy, and Childbirth**

by Julia C. Oparah & Alicia D. Bonaparte (Editors)

Routledge, 2016. 234 pages. ISBN: 978-1612058368

*\*Collocated: Black & African Americans*

**Birthing Liberation: How Reproductive Justice Can Set Us Free**

by Sabia Wade

Chicago Review Press, 2023. 272 pages. ISBN: 978-1641607971

*\*Collocated: Black & African Americans*

**Black, Pregnant and Shamed**

by Ashley Randolph-Cooley

Lulu.com, 2020. 32 pages. ISBN: 978-1716617904

*\*Collocated: Black & African Americans*

**Body Belly Soul: The Black Mother's Guide to a Primal, Peaceful and Powerful Birth**

by Nicole Bailey

Unapologetic Voice House LLC, 2021. 188 pages. ISBN: 978-1955090162

*\*Collocated: Black & African Americans*



**Dismissed: Tackling the Biases that Undermine Our Health Care**

by Angela Marshall and Kathy Palokoff  
Citadel, 2023. 304 pages. ISBN: 978-0806542041  
*\*Collocated: Black & African Americans*

**The Echoing Ida Collection**

by Cynthia R. Greenlee, Kemi Alabi, Janna Zinzi, Michelle Duster  
First Feminist Press Edition, 2021. 369 pages. ISBN: 978-1558612839  
*\*Collocated: Black & African Americans*

**The Ethos of Black Motherhood in America: Only White Women Get Pregnant**

by Kimberly C. Harper  
Lexington Books, 2021. 135 pages. ISBN: 978-1793601421  
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by Sophie A. Lewis  
Verso, 2019. 216 pages. ISBN: 978-1786637291

**Killing the Black Body: Race, Reproduction, and the Meaning of Liberty**

by Dorothy Roberts  
Second Vintage Books, 2017. 375 pages. ISBN: 978-0679758693  
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**Motherhood so White: A Memoir of Race, Gender, and Parenting in America**

by Nefertiti Austin  
Sourcebooks, 2019. 290 pages. ISBN: 978-1492679011  
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**My Black Motherhood: Mental Health, Stigma, Racism and the System**

by Sandra Igwe  
Jessica Kingsley Publishers, 2022. 215 pages. ISBN: 978-1839970092  
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**Oh Sis, You're Pregnant: The Ultimate Guide to Black Pregnancy & Childbirth**

by Scania Boswell  
Mango Publishing Group, 2021. 336 pages. ISBN: 978-1642504989  
*\*Collocated: Black & African Americans*

**Pregnant While Black: Advancing Justice for Maternal Health in America**

by Monique Rainford  
Broadleaf Books, 2023. 245 pages. ISBN: 978-1506487618  
*\*Collocated: Black & African Americans*

**Radical Reproductive Justice: foundations, Theory, Practice, Critique**

by Loretta J. Ross, Lynn Roberts, Erika Derkas, Whitney Peoples, Pamela Bridgewater Toure, Dorothy Roberts

The Feminist Press at the City University of New York, 2017. 455 pages.

ISBN: 978-1936932047

*\*Collocated: Black & African Americans*

**Reproductive Injustice: Racism, Pregnancy, and Premature Birth**

by Dána-Ain Davis

New York University Press, 2019. 251 pages. ISBN: 978-1479812271

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**Reproductive Rights as Human Rights: Women of Color and the Fight for Reproductive Justice**

by Zakiya T. Luna

New York University Press, 2020. 320 pages. ISBN: 978-1479831296

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**Skimmed: Breastfeeding, Race, and Injustice**

by Andrea Freeman

Stanford University Press, 272. 2020 pages. ISBN: 978-1503610811

*\*Collocated: Black & African Americans*

**Under the Skin: The Hidden Toll of Racism on American Lives and on the Health of Our Nation**

by Linda Villarosa

Doubleday, 269. 2022 pages. ISBN: 978-0385544887

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Bold Type Books, 2019. 251 pages. ISBN: 978-1568588544

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**Sexual Violence**

**Nonfiction**

**Being Mean: A Memoir of Sexual Abuse and Survival**

by Patricia Eagle

She Writes Press, 2019. 376 pages. ISBN: 978-1631525193

**Heart Berries**

by Therese M. Mailhot

Counterpoint, 2018. 160 pages. ISBN: 978-1640091603

**Men Too: Unspoken Truths About Male Sexual Abuse**

by Kelli Palfy

Peaks and Valleys Publishing, 2020. 200 pages. ISBN: 978-1999292515

**Graphic Novels**

**Not My Shame**

by T. O. Walker

Singing Dragon, 2017. Unpaged. ISBN: 978-1785921841

*\*Collocated: Trauma and Post-Traumatic Stress Disorder (PTSD)*

**Take It as a Compliment**

by Maria Stoian

Singing Dragon, 2020 97 pages. ISBN: 978-1787756120

**Sexual and Reproductive Health**  
**Sexually Transmitted Diseases**

**Graphic Novels**

**Monsters**

by Ken Dahl

Secret Acres, 2009. 208 pages. ISBN: 978-0988814998

**Social Issues  
General Titles**

**Fiction**

**Demon Copperhead: A Novel**

by Barbara Kingsolver

Harper, 2022. 548 pages. ISBN: 978-0063251922

**Nonfiction**

**Another Bullshit Night in Suck City**

by Nick Flynn

WW Norton, 2005. 288 pages. ISBN: 978-0393329407

**Critical Perspectives on Social Justice in Speech-Language Pathology**

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IGI Global, 2021. 355 pages. ISBN: 978-1799871347

**Here We Are: Feminism for the Real World**

by Kelly Jensen

Algonquin Young Readers, 2017. 240 pages. ISBN: 978-1616205867

**Making Spaces Safer**

by Shawna Potter

AK Press, 2018. 110 pages. ISBN: 978-1849353571

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Little Brown Spark, 2019. 360 pages. ISBN: 978-0316509435

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by Verna A. Myers

American Bar Association, 2014. 125 pages. ISBN: 978-1614389712

## Graphic Novels

### **Threadbare: Clothes, Sex and Trafficking**

by Anne E. Moore

Microcosm Publishing, 2016. 160 pages. ISBN: 978-1621067399

## Audio & Sound Recordings

### **Be The Boss Everyone Wants to Work For: A Guide for New Leaders**

by William A. Gentry

Berrett-Koehler Publishers, 2016. 14:25:00. CD Audiobook.

**Social Issues**  
**Abuse or Violence**

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**No Visible Bruises: What We Don't Know About Domestic Violence Can Kill Us**

by Rachel L. Snyder

Bloomsbury Publishing, 2019. 320 pages. ISBN: 978-1635570984

**Graphic Novels**

**Dragonslippers: This Is What an Abusive Relationship Looks Like**

by Rosalind B. Penfold

Grove Press, 2007. 272 pages. ISBN: 978-0802170200

eBook ISBN: 978-0802199393

**Social Issues**  
**Diversity, Equity, and Inclusion**

**Nonfiction**

**Allies and Advocates: Creating an Inclusive and Equitable Culture**

by Amber Cabral

Wiley, 2021. 192 pages. ISBN: 978-1119772941

**The Ambition Decisions: What Women Know About Work, Family, and the Path to Building a Life**

by Hana Schank

Penguin Books, 2019. 288 pages. ISBN: 978-0525558828

**Becoming Dr. Q: My Journey from Migrant Farm Worker to Brain Surgeon**

by Alfredo Quiñones-Hinojosa (Author), Mim Eichler Rivas (Contributor)

University of California Press, 2011. 317 pages. ISBN: 978-0520274563

*\*Collocated: Healthcare System*

**Becoming Leaders: A Practical Handbook for Women in Engineering, Science, and Technology**

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ASCE Press, 2019. 200 pages. ISBN: 978-0784481998

**Better Allies: Everyday Actions to Create Inclusive, Engaging Workplaces**

by Karen Catlin

Better Allies Press, 2021. 282 pages. ISBN: 978-1732723351

**The Body Is Not an Apology: The Power of Radical Self-Love**

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Berrett-Koehler Publishers, 2021. 176 pages. 978-1523091003

*\*Collocated: Women's Health*

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IVP, 2021. 208 pages. ISBN: 978-0830841615

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**Diversity Beyond Lip Service: A Coaching Guide for Challenging Bias**

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Berrett-Koehler Publishers, 2019. 176 pages. ISBN: 978-1523098682

**Emergent Strategy**

by Adrienne M. Brown

AK Press, 2017. 280 pages. ISBN: 978-1849352611

**Hijab Butch Blues: A Memoir**

by Lamya H

The Dial Press, 2023. 284 pages. ISBN: 978-0593448762

*\*Collocated: LGBTQIA+ Health*

**How to Be an Inclusive Leader: Your Role in Creating Cultures of Belonging Where Everyone Can Thrive**

by Jennifer Brown

Berrett-Koehler Publishers, Inc., 2021 168 pages. ISBN: 978-1523093144

eBook ISBN: 978-1523085187

**How to Listen and How to Be Heard: Inclusive Conversations at Work**

by Alissa Carpenter

Career Press, 2020. 256 pages. ISBN: 978-1632657695

**Just Work: How to Root Out Bias, Prejudice, and Bullying to Build a Kick-Ass Culture of Inclusivity**

by Kim Scott

St. Martin's Press, 2021. 416 pages. ISBN: 978-1250203489

**The Neurodiverse Workplace: An Employer's Guide to Managing and Working with Neurodivergent Employees, Clients and Customers**

by Victoria Honeybourne

Jessica Kingsley Publishers, 2019. 176 pages. ISBN: 978-1787750340

**Pleasure Activism**

by Adrienne M. Brown

AK Press, 2019. 464 pages. ISBN: 978-1849353274

**Ponle fin al sesgo  
(The End of Bias)**

by Jessica Nordell

Ediciones Urano, 2022. ISBN: 978-8492917037

**Español**

**Revolutionary Mothering: Love on the Front Lines**

by Alexis Pauline Gumbs, China Martens, Mai'a Williams  
PM Press, 2016. 250 pages. ISBN: 978-1629631103

*\*Collocated: Parenting*

**See No Stranger: A Memoir and Manifesto of Revolutionary Love**

by Valarie Kaur  
One World, 2021. 416 pages. ISBN: 978-0525509110  
eBook ISBN: 978-0525509103

**Strategies for Being Visible: 14 Profile-Raising Ideas for Emerging Female Leaders**

by Susan Ritchie  
Business Books, 2019. 152 pages. ISBN: 978-1785354731

**Subtle Acts of Exclusion: How to Understand, Identify, and Stop Microaggressions**

by Tiffany Jana  
Berrett-Koehler Publishers, Incorporated, 2020. 201 pages. ISBN: 978-1523087075  
eBook ISBN: 978-1523087068

**The Sum of Us: What Racism Costs Everyone and How We Can Prosper Together**

by Heather McGhee  
One World, 2021. 448 pages. ISBN: 978-0525509578  
*\*Collocated: Racism*

**Understand, Manage, and Prevent Algorithmic Bias: A Guide for Business Users and Data Scientists**

by Tobias Baer  
Apress, 2019. 258 pages. ISBN: 978-1484248850

**We Have Always Been Here: A Queer Muslim Memoir**

by Samra Habib  
Viking Canada, 2019. 220 pages. ISBN: 978-0735235007  
*\*Collocated: LGBTQIA+ Health*

**Graphic Novels**

**Commute: An Illustrated Memoir of Female Shame**

by Erin Williams  
Harry N Abrams, 2019. 295 pages. ISBN: 978-1419736742

**Escaping Wars and Waves: Encounters with Syrian Refugees**

by Olivier Kugler  
Penn State University Press, 2018. 79 pages. ISBN: 978-0271082240  
*\*Collocated: War*

## Video & Film Recordings

### **Muslims in Conversation: Reaching for Equity and Respect in Healthcare**

**(Speakers: Aameena Jandali, Muneza Rahman)**

PlaneTree Health Library & Islamic Networks Group, 2022. 32:25:00. Streamed .mp4 file.

URL: <https://youtu.be/6pnXYQBXEBI>

**Social Issues**  
**Environmental Health**

**Nonfiction**

**Braiding Sweetgrass**

by Robin Wall Kimmerer

Milkweed Editions, 2013. 390 pages. ISBN: 978-1571313560

*\*Collocated: Indigenous Peoples*

**The Intersectional Environmentalist**

by Leah Thomas

Voracious, 2022. 208 pages. ISBN: 978-0316279291

**What the Eyes Don't See: A Story of Crisis, Resistance, and Hope in an American City**

by Mona Hanna-Attisha

One World, 2018. 364 pages. ISBN: 978-0399590856

*\*Collocated: Public Health*

**Social Issues**  
**Immigration**

**Nonfiction**

**Beautiful Country: A Memoir of an Undocumented Childhood**

by Qian Julie Wang

Anchor, 2022. 320 pages. ISBN: 978-0593313008

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**The Best We Could Do: An Illustrated Memoir**

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ComicArts, 2017. 327 pages. ISBN: 978-1419718779

*\*Collocated: Asian & Asian Americans*

**Immigrant Youth in Cultural Transition: Acculturation, Identity, and Adaptation Across National Contexts**

by John W. Berry

Routledge, 2023. 305 pages. ISBN: 978-1003309192

*\*Collocated: Mental Health & Psychology*

## Social Issues

### Racism

#### Fiction

##### **We Love You, Charlie Freeman**

by Kaitlyn Greenidge

Algonquin Books, 2017. 341 pages. ISBN: 978-1616206444

*\*Collocated: Black & African Americans*

#### Nonfiction

##### **The Antiracism Handbook: Practical Tools to Shift Your Mindset & Uproot Racism in Your Life & Community**

by Thema Bryant-Davis

New Harbinger Publications, 2022. 177 pages. ISBN: 978-1684039104

##### **The Antiracist: How to Start the Conversation About Race and Take Action**

by Konwani Fidel

Skyhorse Publishing Company, 2020. 143 pages. ISBN: 978-1510764217

##### **Black and Blue: The Origins and Consequences of Medical Racism**

by John Hoberman

University Of California Press, 2012. 304 pages. ISBN: 978-0520274013

eBook ISBN: 978-0520951846

*\*Collocated: Health Equity*

##### **Masters of Health: Racial Science and Slavery in U.S. Medical Schools**

by Christopher Willoughby

The University of North Carolina Press, 2022. 267 pages. ISBN: 978-1469672120

*\*Collocated: Health Equity*

##### **My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies**

by Resmaa Menakem

Central Recovery Press, 2017. 300 pages. ISBN: 978-1942094470

1st edition: 978-1942094487

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##### **The Other Talk: Reckoning with Our White Privilege**

by Brandon Kiely

Atheneum/Caitlyn Dlouhy Books, 2021. 272 pages. ISBN: 978-1534494046

**The Racial Healing Handbook: Practical Activities to Help You Challenge Privilege, Confront Systemic Racism & Engage in Collective Healing**

by Anneliese A. Singh

New Harbinger Publications, Inc, 2019. 222 pages. ISBN: 978-1684032709

**Right Within: How to Heal from Racial Trauma in the Workplace**

by Minda Harts

Seal Press, 2021. 288 pages. ISBN: 978-1541619623

**So, You Want to Talk About Race**

by Ijeoma Oluo

Seal Press, 2019. 272 pages. ISBN: 978-1580058827

**Social Determinants of Health and Health Disparities**

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Oxford University Press, 2023. 312 pages. ISBN: 978-0190624125

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**The Sum of Us: What Racism Costs Everyone and How We Can Prosper Together**

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One World, 2021. 448 pages. ISBN: 978-0525509578

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**Weathering: The Extraordinary Stress of Ordinary Life in an Unjust Society**

by Arline T. Geronimus

Little, Brown, 2023. 356 pages. ISBN: 978-0316258180

**White Fragility: Why It's So Hard for White People to Talk About Racism**

by Robin DiAngelo

Beacon Press, 2018. 192 pages. ISBN: 978-0807047422

## Social Issues Relationships

### Fiction

#### **Dotter of Her Father's Eyes**

Mary M. Talbot

Dark Horse Books, 2012. 96 pages. ISBN: 978-1595828507

#### **Everything Here Is Beautiful**

by Mira T. Lee

Penguin Books, 2019. 384 pages. ISBN: 978-0735221970

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### Nonfiction

#### **Find Your People: Building Deep Community in A Lonely World**

by Jennie Allen

WaterBrook, 2022. 2443 pages. ISBN: 978-0593193389

*\*Collocated: Self-Help*

#### **Mothers, Fathers, and Others: Essays**

by Siri Hustvedt

Simon & Schuster, 2021. 285 pages. ISBN: 978-1982176396

#### **Nonviolent Communication: A Language of Life**

by Marshall B. Rosenberg

PuddleDancer Press, 2015. 244 pages. ISBN: 978-1892005281

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#### **Polysecure: Attachment, Trauma and Consensual Nonmonogamy**

by Jessica Fern

Thorntree Press 2020 268 pages ISBN: 978-1944934989

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#### **The Facts of Life**

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Interlink Books, 2018 288 pages. ISBN: 978-1623719951

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#### **The Photographer**

by Emmanuel Guibert

First Second, 2009. 288 pages. ISBN: 978-1596433755

### Video & Film Recordings

#### **Thank You for Your Service**

Directed by Jason Hall

Universal, 2018. 109 minutes. DVD.

*\*Collocated: Trauma and Post-Traumatic Stress Disorder (PTSD)*

**Traditional Medicine  
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**Fiction**

**Barefoot Doctor: A Novel**

by Canxue (Author), Karen Gernant (Translator), Chen Zeping (Translator)  
Yale University Press, 2022. 257 pages. ISBN: 978-0300259636  
(Translated from Chinese)

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**Nonfiction**

**Ayurveda**

Sonja Shah-Williams

DK Pub, 2021. 144 pages. ISBN: 978-0744026771

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by Zhang Yifang

Shanghai Book Traders, 2020. 292 pages. ISBN: 978-1602201729

**Coyote Medicine: Lessons from Native American Healing**

by Lewis Mehl-Madrona

Simon & Schuster, 1998. 304 pages. ISBN: 978-0684839974

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**Everyday Ayurveda Guide to Self-Care**

Kate O'Donnell

Shambhala Pubns, 2020. 274 pages. ISBN: 978-1611806519

**Face Reading**

by Wu Jianshe

Scpg Pub Corp, 2022. 148 pages. ISBN: 978-1938368592

**Foot Reflexology & Acupressure**

by Zha Wei

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**Grandmothers of the Light: A Medicine Woman's Sourcebook**

by Paula G Allen

Beacon Press, 1992. 246 pages. ISBN: 978-0807081037

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**Hand Reflexology & Acupressure**

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Shanghai Book Traders, 2019. 144 pages. ISBN: 978-1602201620

**Mayo Clinic Book of Home Remedies**

by Cindy A. Kermott & Martha P. Millman

Mayo Clinic Press, 2017. 206 pages. ISBN: 978-1893005686

**Medicinal Herbs for Family Health & Wellness: 123 Trusted Recipes for Common Concerns, From Allergies & Asthma to Sunburns and Toothaches**

by J. J. Pursell

Timber Press, 2021. 262 pages. ISBN: 978-1643260679

**Mother Earth Plants for Health and Beauty: Indigenous Plants, Traditions, and Recipes**

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Polynya Press, 2019. 402 pages. ISBN: 978-1772124101

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**Yellow Monkey Emperor's Classic of Chinese Medicine**

by Damo Mitchell

Jessica Kingsley Publishers, 2016. 272 pages. ISBN: 978-1848192867

**Women's Health**  
(See also Sexual and Reproductive Health)  
General Titles

**Nonfiction**

**Activa tu suelo pélvico**  
(Activate the Pelvic Floor)

by Lauren Roxburgh

Editorial Sirio, 2021. 232 pages. ISBN: 978-8418531200

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**The Body Is Not an Apology: The Power of Radical Self-Love**

by Sonya Renee Taylor

Berrett-Koehler Publishers, 2021. 176 pages. 9781523091003

**Cuaderno para un perine despierto y relajado**  
(Notebook for an Awake and Relaxed Perineum)

by Nuria Vives

Obelisco, 2022. 44 pages. ISBN: 978-8494982712

**Español**

**Cuerpo de mujer**  
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by Monica Felipe-Larralde

Obelisco, 2021. 120 pages. ISBN: 978-8494845857

**Español**

**Diagnosis Female: How Medical Bias Endangers Women's Health**

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**Endometriosis: La guía para entender qué es y cómo cuidarte**  
(Endometriosis: The Guide to Understanding What It Is and How to Take Care of Yourself)

by Francisco Carmona

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Quercus, 2018. 304 pages. ISBN: 978-1681440217

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by Joyce Farmer, Lyn Chevli, Mary Fleener, and Samantha Meier (Editors)

Fantagraphics, 2023. 368 pages. ISBN: 978-1683966838