

RECOMMENDED

READS, MOVIES & MORE!

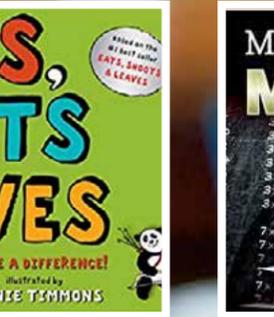
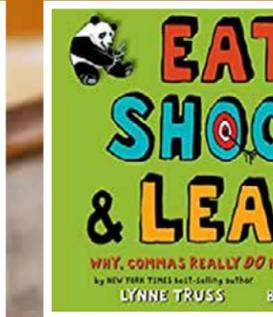
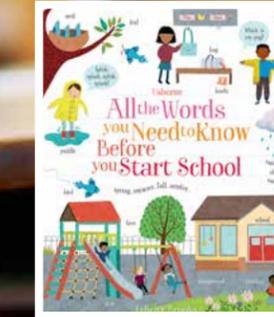
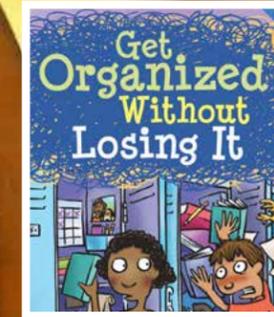
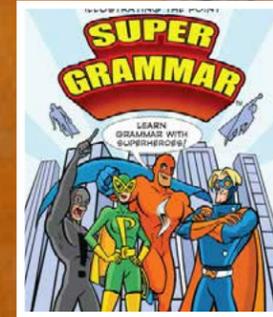
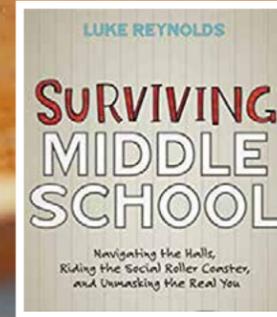
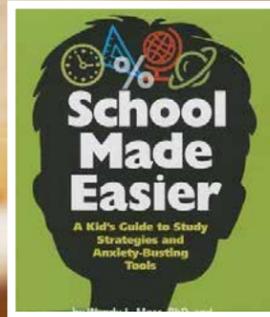
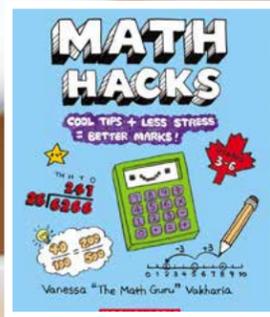
9 BOOKS
TO GET KIDS
SET FOR
SCHOOL

**PLUS OUR
LISTS OF**
Wellness Books,
YA Fiction, Movies
and MORE!



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Public Libraries

SEPTEMBER 2021



9 Books to Get Kids Set for School

[Math Hacks](#)

by Vanessa Vakharia

For kids who are anxious about math, this book offers a friendly and positive approach to explaining common problem areas of the curriculum.

[Information Literacy and Fake News](#)

by Diane Dakers

Kids will learn how to tell facts from fiction and choose reliable sources of information for research projects with this timely guide to media literacy.

[School Made Easier](#)

by Wendy Moss

This easy-to-follow book has practical tips for studying and staying calm. Perfect for kids who get nervous before a big test or class presentation.

[Surviving Middle School](#)

by Luke Reynolds

Middle school can be tough. This funny and relatable book filled with real-life experiences will help kids navigate challenging topics such as bullies, grades, and peer pressure.

[Super Grammar](#)

by Tony Preciado

This engaging comic book-style resource helps kids become grammar superheroes as they learn about punctuation, sentence structure, and the parts of speech.

[Get Organized Without Losing It](#)

by Janet S. Fox

A practical and fun book that uses jokes and cartoons to teach kids how to set priorities, develop good study habits, and reduce stress.

[All the Words You Need to Know Before You Start School](#)

by Felicity Brooks

This beautifully illustrated book builds preschoolers' vocabulary to set them up for success when they start school.

[Eats, Shoots & Leaves](#)

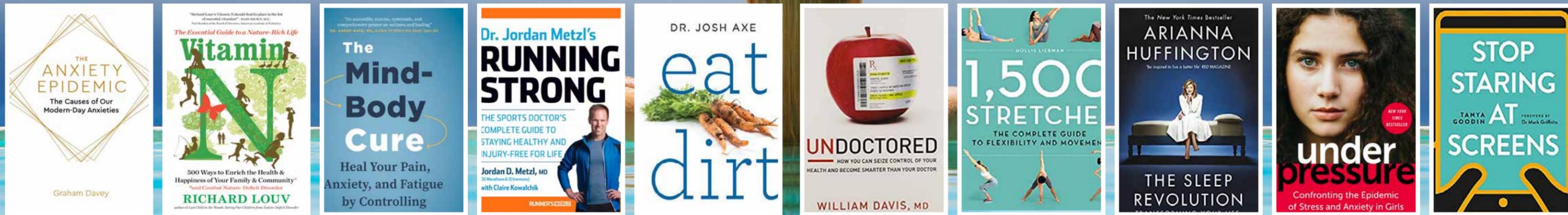
by Lynne Truss

Author Lynne Truss uses humour to teach kids the importance of punctuation and how one misplaced comma can completely change the meaning of a sentence, often with hilarious results.

[Multiplication Master](#)

by Lisa Arias

This book uses rhyming text and simple graphics to reinforce the basic concepts of multiplication.



10 Wellness Books for Every Time-pressed Adult

Anxiety Epidemic

Davey addresses the benefits of anxiety and the causes of it. In order to conquer anxiety, we need to understand why it has established its prominent place in our modern world.

by Graham Davey

Vitamin N

This book provides 500 activities for children and adults to help reconnect us with the natural world. These benefits include boosting mental acuity and creativity, reducing obesity and depression, and simply having fun in nature.

by Richard Louv

The Mind-body Cure

Most people today are familiar with chronic stress in their day-to-day lives. Learn how to manage your stress hormones and eliminate chronic stress in 7 simple steps.

by Bal Pawa

Dr. Jordan Metzl's Running Strong

Science has proven that running has significant health benefits. These include reducing stress, improving heart health, and even alleviating symptoms of depression. Learn the basics about optimal nutrition, stretching exercises, and preventing injury; to run in the most efficient way.

by Jordan D. Metzl

Eat Dirt

Our diet can play a large role in our overall health. This book provides strategies to cope with chronic health disorders such as allergies and imbalances.

by Josh Axe

Undoctored

Dr. Davis exposes how millions of people are prescribed unnecessary medications, given nonessential dietary recommendations and suggested procedures that can often be avoided. Discover how to take control of your own health and wellness.

by William Davis

1,500 Stretches

Stretching is scientifically proven to reduce anxiety and calm the nerves. In this collection, learn stretches to increase flexibility and improve one's physical appearance.

by Hollis Lance Liebman

The Sleep Revolution

When we are stressed, the first thing we desperately need but also the first that tends to go - is sleep. Huffington discusses the sleeping pill industry; how excessive technology usage disrupts our sleep and how to achieve a more restorative sleep.

by Arianna Stassinopoulos

Under Pressure

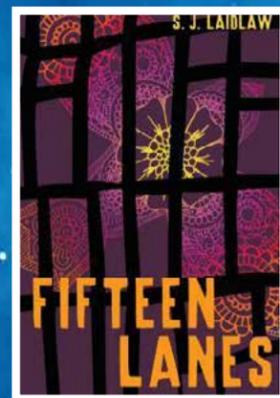
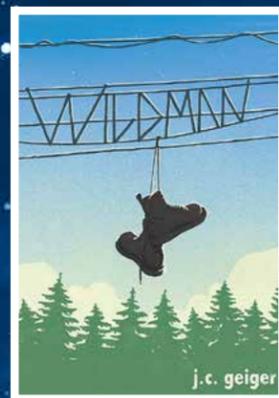
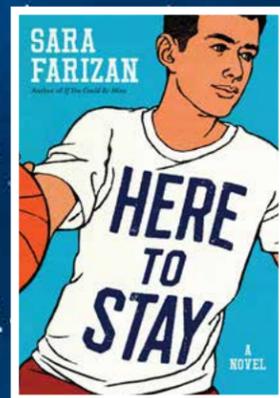
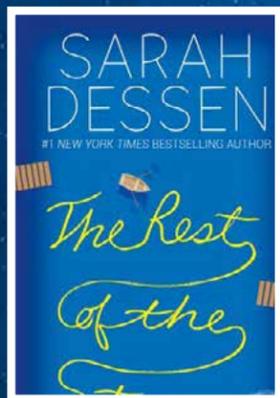
Research has shown that from 2009 to 2014, there has been a 55% increase in nervousness, fearfulness and worry in young girls. Readers will learn about many facets of girls' lives where tension takes hold. Also, they will discover how to assist others, so they are not emotionally burdened.

by Lisa Damour

Stop Staring at Screens

Technology was designed to make our lives easier, but often causes tension within the family. Learn how to use technology in balance, while also creating harmony in your home.

by Tanya Goodin



9 Books on YA Friendship Fiction

Puddin'

by Julie Murphy

Millie Michalchuk has gone to a fat camp every year since she was a girl. But this year, she has other plans. A feel-good story about the importance of having loyal and supportive friends.

The Rest of the Story

by Sarah Dessen

Emma Saylor's happy, predictable life changes when her childhood best friend, Roo, reenters her life and sparks fly between them. A contemporary love story that is sure to keep you flipping pages.

Tell Me Something Real

by Calla Devlin

There are three unique, strong-minded sisters: beautiful and foul-mouthed Adrienne, observant and shy Vanessa, and the youngest and beloved, Marie. A masterfully crafted debut novel about developing personal strength and the friendships we can build between family members.

Here to Stay

by Sara Farizan

When an anonymous cyberbully sends the entire school a picture of Bijan Majidi photoshopped to look like a terrorist, his mother is horrified. All Bijan wants is to pretend it never happened, but he is learning that it's increasingly difficult to separate his friends from his enemies.

Wildman

by J.C. Geiger

Bold and unpredictable, Lance doesn't care that the townspeople call him Wildman. He just wants to spend time with Dakota, who seems to truly care about him and what he wants out of life. An adventurous, coming-of-age romance that will keep readers on their toes.

The War Outside

by Monica Hesse

Haruko and Margot meet during World Word II at a "family internment camp" for those accused of colluding with the enemy. They discover that they are opposites in so many ways, except for one: the camp is changing them. Everything seems to be falling apart, yet Margot and Haruko find solace in their growing, secret friendship.

Exit, Pursued by a Bear

by E.K. Johnston

When popular, athletic Hermione Winters is drugged at a party, she finds herself wearing new labels: victim, survivor, that raped girl. But Hermione can still call herself Polly Oliver's best friend, and that may be the truest label of all. A heartbreaking story about transcendent friendship that endures trauma.

Fifteen Lanes

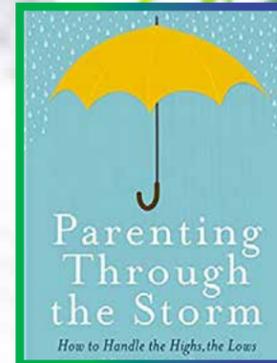
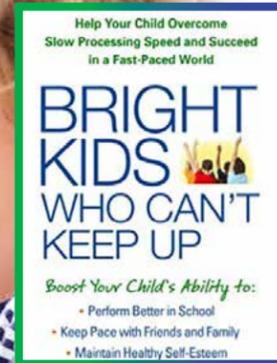
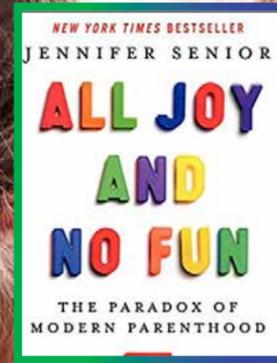
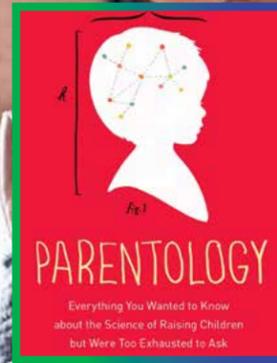
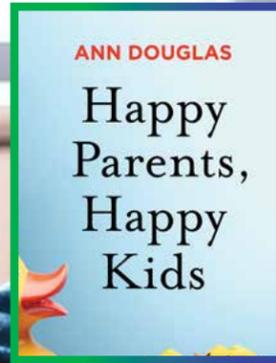
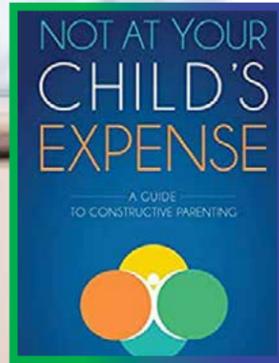
by S.J. Laidlaw

Noor, a fourteen-year-old girl, lives a challenging life in Mumbai, desperate to escape the city's sex trade. Grace, a fifteen-year-old girl, lives a very luxurious life across the city. When their paths intersect, Noor and Grace will change forever. Can two girls living in vastly different worlds find a common path?

Wildfire

by Carrie Mac

Annie and Pete have been close friends since they were young. They've always enjoyed adventures together, but now Annie is questioning if she wants more out of their relationship. An unforgettable story about a blossoming friendship.



8 Positive Parenting Books for Every Family

Not at your Child's Expense

by Judith Fitzsimmons

Learn how to overcome obstacles of divorce and co-parent efficiently and confidently. In this practical and thoughtful guide, parents will learn how to develop positive co-parenting relations and healthy family relationships.

Happy Parents Happy Kids

by Ann Douglas

Discover how to enjoy parenting to the fullest in this encouraging and hands-on guide. With tips on how to destress, balance work-life commitments, and reduce distracted parenting, this book is a powerful resource for all families.

Your Anxious Child

by John S. Dacey

For parents of anxious children, this practical guide provides innovative and scientifically proven strategies and activities to support children suffering from anxiety from preschool through high school.

Parentology

by Dalton Conley

Award winning scientist, Dalton Conley, provides a unique and witty take to parenting, while incorporating clinically proven research strategies on how to develop your children into creative and confident individuals.

Grow!

by Trevor Silvester

Psychotherapist Trevor Silvester shares his expertise on how to raise happy children. With a mix of anecdotal stories and the latest scientific research, Silvester, shares eight parenting strategies to improve your child's wellbeing.

All Joy and No Fun

by Jennifer Senior

How do children reshape their parents' lives? In this enriching and humorous book, journalist Jennifer Senior explores the demands of parenting over the past half century and how these strains continue to change for today's parents.

Bright Kids Who Can't Keep Up

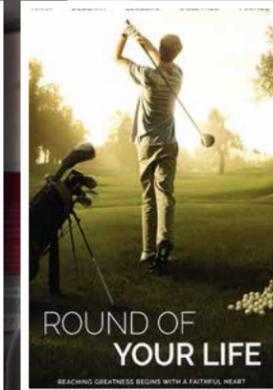
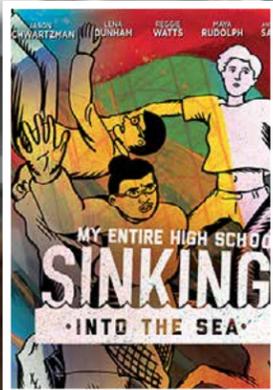
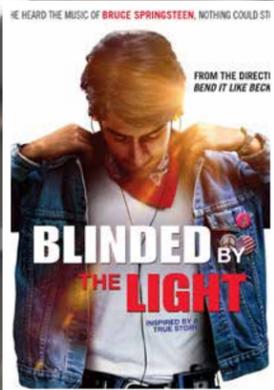
by Ellen Braaten

Filled with practical tools to support your child's processing speed development, this guide is the ideal resource for parents of children who are often labeled as 'lazy' and appear to take longer than their peers to complete activities.

Parenting Through the Storm

by Ann Douglas

For parents of children struggling with mental illness, this book provides a collection of interviews from mental health experts to guide families on coping and thriving during difficult times.



10 Entertaining Movies for Teens

[Before I Fall](#)

After dying in a tragic accident, Sam is forced to relive that day until she can figure out how to make up for her past mistakes. A thought-provoking movie about compassion and making every day count.

[McFarland](#)

In this inspiring and heartwarming movie, a cross country coach in a struggling California town turns a team of unlikely athletes into champions.

[Blinded by the Light](#)

In 1980s London, Javed finds inspiration in the lyrics of Bruce Springsteen while dealing with racism and family expectations in this feel-good coming-of-age story.

[My Entire High School Is Sinking into the Sea](#)

In this offbeat animated film, school newspaper reporter Dash discovers his school is not up to code and tries to warn his classmates the building isn't safe. No one believes him — until their school starts sinking.

[A Silent Voice](#)

A former bully tries to atone for his past behaviour in this moving anime film that touches on themes of acceptance, friendship, and mental health.

[The Miracle Season](#)

When their star player dies in a tragic accident, a high school volleyball team must overcome their grief as they compete for the championship in this emotional movie inspired by a true story.

[Sing Street](#)

In 1980s Ireland, shy teen Conor starts a band to impress his crush, the effortlessly cool Raphina. An endearing film full of humour, heart, and featuring an amazing soundtrack.

[Spare Parts](#)

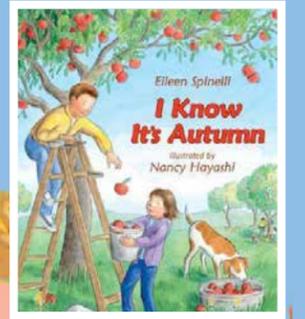
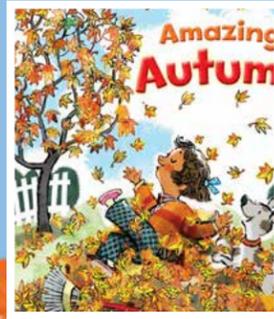
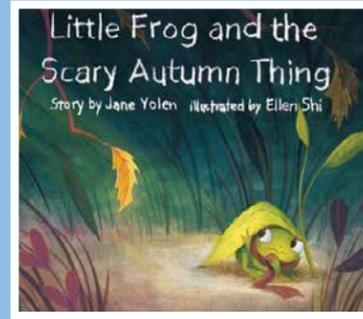
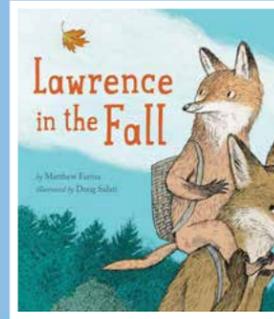
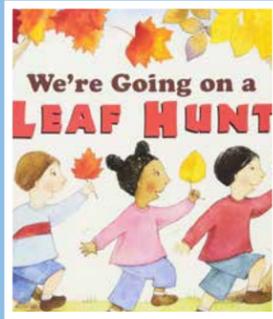
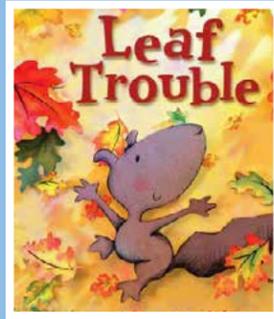
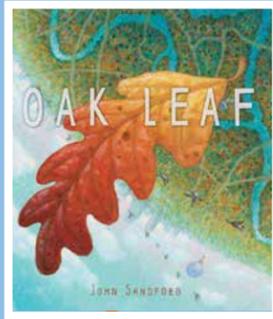
In this engaging and humorous underdog story, a group of high school students with no experience and very little budget form a robotics club and compete against the reigning champions.

[The Spectacular Now](#)

Opposites attract in this raw and emotional movie about high school seniors Sutter, who likes to party and live in the moment, and Aimee, who has big plans for her future.

[Round of Your Life](#)

Teenage golf prodigy Taylor wants nothing to do with the sport despite his talent, but when his father ends up in a coma following a car accident, Taylor sets out to honour him by winning the state championship. A movie about faith and family.



9 Picture Books Perfect for Fall



Oak Leaf by John Sandford
In this beautifully illustrated and poetic picture book a lone oak leaf travels on a journey far from its original tree.

Little Frog and the Scary Autumn Thing by Jane Yolen
In this book about overcoming fears, Little Frog learns to bravely venture into the new autumn environment with some encouragement from Mama Frog.

Leaf Trouble by Johnathan Emmett
It's Squirrels first fall. When the leaves around him start to change colour and fall, Squirrel begins to panic and tries to stick them back on the tree! Thankfully Mom Squirrel explains the leaves will be back again in the spring.

Amazing Autumn by Jennifer Marino Walters
In this interactive picture book, young readers are introduced to the many delightful and fun aspects of autumn. Including important early year concepts such as shapes, colours, and numbers makes this book, and autumn even more amazing.

We're Going on A Leaf Hunt by Steve Metzger
Join three friends as they set off on a leaf finding adventure! A seasonal take to the original story "We're Going on a Bear Hunt".

Autumn Is Here by Billy Steers
Fergus the cow is not ready for fall to come! However, with the help of his friend Tractor Mac, Fergus begins to see the beauty and fun autumn brings.

Lawrence in the Fall by Matthew Farina
Unprepared for his show-and-tell, Lawrence is panicked. Thankfully Papa knows just the thing to bring in. However, to get it, they must explore the fall foliage of the nearby woods.

I Know It's Autumn by Eileen Spinelli
In this rhyming picture book, young readers learn about all things that signify autumn; from the smell of pumpkin muffins to the sounds of turkeys gobbling.

Goodbye Summer, Hello Autumn by Kenard Pak
Taking readers on a journey of wonder, see how summer changes into autumn in this beautifully illustrated picture book.





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