Summer Reading Challenge 2023
Teen’s Week 4:
Be Kind to Yourself

Anxiety Relief
For Teens
By: Regine Galanti

Be You, Only Better
By: Kristi Hugstad

Rookie On Love:
45 Voices on Romance,
Friendship, and Self-Care
By: Tavi Gevinson

The (Other) F Word
By: Angie Manfredi

A Perfectionist’s Guide
To Not Being Perfect
By: Bonnie Zucker

Take The Good
By: Gina Biegel

Failing Up
By: Leslie Odom Jr.

Friday I’m In Love
By: Camryn Garrett
Trans Teen Survival Guide
By: Owl and Fox Fisher

Being You: The Body Image Book for Boys
By: Charlotte Markey, Daniel Hart, & Douglas N. Zacher

Magical Girl’s Guide To Life
By: Jacque Aye