If you're interested in learning about teens' health & well-being (physical & emotional), check out these great titles at your MCLS community branch! These books are shelved in the non-fiction collection which is numerically organized by subject. For example, 641.5 is where you find books about cooking & culinary arts.

The teen's guide to social skills: practical advice for building empathy, self-esteem, & confidence by Fitzsimons, Kate

In social situations, it can be really confusing to figure out what to say or do—and when you’re a teenager, it often feels impossible to get past the awkwardness. No matter why you struggle, you can build up your confidence with this guide to social skills for teens.

Mindfulness for teens in 10 minutes a day: exercises to feel calm, stay focused & be your best self by Battistin, Jennie Marie

You might have heard about mindfulness, or the ability to be fully present in the "here and now." But did you know you can use it to reduce stress in your everyday life?

The anxiety workbook for teens: activities to help you deal with anxiety & worry by Schab, Lisa M

The Anxiety Workbook for Teens is the go-to resource for teen anxiety, recommended by therapists worldwide. This fully revised and updated second edition offers new activities to address the specific anxiety triggers today's teens are facing—from social media stress to global warming to pandemics.

Depression: insights and tips for teenagers by Cognevich, Christie

This book offers relatable, real-life anecdotes and practical strategies to help teenagers struggling with depression. It contains accessible explanations of the mental and physical processes behind depression, discusses how to identify signs of struggle, and shares resources for getting help.

Nutrition and exercise by Huddleston, Emma

This title takes a look at the importance of keeping active and eating a balanced diet. It also offers helpful suggestions on how to make healthy lifestyle changes.

What's the big deal about addictions?: answers and help for teens by Crist, James J

Open this book to find out how many teens actually use drugs and alcohol, the difference between casual use and addiction, the ways an addiction can interfere with your life, and the strategies you can use to help you avoid or overcome one.

The how-to cookbook for teens: 100 easy recipes to learn the basics by Morrison, Julee

Fire up your curiosity to try new foods and impress your family and friends. The How-To Cookbook for Teens will help you learn the basics of cooking and baking while having fun and creating incredible meals (and memories) from scratch. The recipes begin with the fundamentals, then take your skills to the next level.
The complete cookbook for teens : 120+ recipes to level up your kitchen game  by Morrison, Julee
From doing laundry to parallel parking, growing up requires teenagers to learn some very important life skills—none more important than cooking. The Complete Cookbook for Teens will teach young adults looking to advance their cooking knowledge, with straightforward instructions for easy, plant-based recipes.

Creative coping skills for teens and tweens : activities for self-care and emotional support including art, yoga and mindfulness  by Thomas, Bonnie
This photocopiable activity book helps teens and tweens who are feeling voiceless, ineffective, or fearful in response to events at a world, community, or individual level. It incorporates exercises using art and crafts.

The super easy teen baking cookbook : 60 simple step-by-step recipes  by Schotland, Marlynn Jayme
Baking can seem like a lot of complicated chemistry, but with the help of The Super Easy Teen Baking Cookbook, it all becomes simple.

How to win friends and influence people for teen girls  by Carnegie, Donna Dale
How to Win Friends and Influence People for Teen Girls has become the go-to guidebook for girls as they navigate their teenage years. Discover the best ways to build emotional intelligence, create strong friendships and fulfilling romantic relationships, manage social media, defuse arguments, and make self-defining choices.

Anxiety relief for teens : essential CBT skills and mindfulness practices to overcome anxiety and stress  by Galanti, Regine
Is anxiety disrupting your life? With proven CBT-based skills and mindfulness techniques, this book can be your guide out of the spiraling stress of anxiety and get you back on track to living a happy and healthy life.

The self-compassionate teen : mindfulness & compassion skills to help you conquer your critical inner voice  by Bluth, Karen
This book offers fun, everyday exercises grounded in mindfulness and self-compassion to help you overcome crippling self-criticism and respond to feelings of self-doubt with greater kindness and self-care.

Vegetarian cookbook for teens : 100 fun recipes to cook like a pro  by Baker, Sarah
Whatever your reason for exploring vegetarian cooking—your love of animals, reducing your carbon footprint, or the variety of health benefits—the Vegetarian Cookbook for Teens will show you that meatless cooking goes way beyond a life of sprouts and salads.

Vegan cookbook for teens : 100 easy and nutritious plant-based recipes  by Musick, Barb
Whether teens want to be kinder to animals, the environment, or their own bodies, there are so many good reasons to explore veganism! This teen cookbook makes plant-based cooking fun, flavorful, and easy.

The intuitive eating workbook for teens : a non-diet, body positive approach to building a healthy relationship with food  by Reich, Elyse
A new, non-diet approach to help teens adopt healthy eating habits. Building on the success of the evidence-based guide, Intuitive Eating, this workbook for teens addresses the ten principles of intuitive eating to help young readers develop a healthy relationship to food.

What they don't teach teens : life safety skills for teens and the adults who care for them  by Cristall, Jonathan
The 21st century guidebook of life safety skills for teens, their parents, and other caregivers, covering physical safety, sexual consent, social media, your rights with the police, situational awareness, dating violence, smartphones, and more.

Querely autistic : the ultimate guide for LGBTQIA+ teens on the spectrum  by Ekins, Erin
An inspiring survival guide for autistic LGBTQIA+ teens, sharing experience and advice on coming out, consent, staying safe in relationships, communicating with family members, finding a community and practicing self-care.

The social media workbook for teens : skills to help you balance screen time, manage stress, and take charge of your life  by Saedi Bocci, Goali
Social media has dramatically changed how teens communicate—in both positive and negative ways. Unfortunately, for many teens, social media can become addictive, stressful, and even alienating. This unique and timely workbook offers practical, evidence-based skills to help teens reduce social media.

The teen kitchen : recipes we love to cook  by Allen, Emily
Featured on "The Rachael Ray Show, teen stars The Kitchen Twins present a colorful and engaging cookbook with more than 75 accessible, fun, healthy, and delicious recipes for everyday cooking.

5-minute mindfulness meditations for teens  by Libin, Nicole
The rollercoaster of teenage life doesn’t offer a lot of moments to slow down and process your experiences. 5-Minute Mindfulness Meditations for Teens offers easy, quick practices that allow you to harness the power of mindfulness meditation.

Anxiety...I'm so done with you : a teen's guide to ditching toxic stress and hardwiring your brain for happiness  by Aman, Jodi
Are you feeling stressed out, anxious, and alone? Do you stay up at night wondering if it will all work out? If you are familiar with these feelings—and want a way out—this book is for you.