

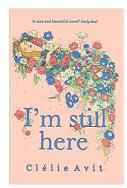
Mood-boosting books 2018

	Title	Author	Book type	ISBN
1	I'm Still Here	Clélie Avit	Fiction in	9781473626737
			translation	
2	Espedair Street	Iain Banks	Fiction	9780349139258
3	The Stranger On The Bridge: My	Jonny Benjamin	Non-fiction	9781509846429
	Journey from Despair to Hope			
4	Hyperbole and a Half	Allie Brosh	Graphic novel	9780224095372
5	Three Things About Elsie	Joanna Cannon	Fiction	9780008196943
6	Heaven on Earth: 101 Happy Poems	Various, edited by	Poetry	9780571207060
		Wendy Cope		
7	Six Foot Six	Kit De Waal	Fiction	9780241317921
8	The Reader on the 6.27	Jean-Paul	Fiction	9781509836857
		Didierlaurent		
9	Notes On A Nervous Planet	Matt Haig	Non-fiction	9781786892676
10	Carrying Albert Home: The	Homer Hickam	Fiction	9780062325907
	Somewhat True Story of A Man, His			
	Wife, and Her Alligator			
11	The Guest Cat	Takashi Hiraide	Fiction in	9781447279402
			translation	
12	The Keeper of Lost Things	Ruth Hogan	Fiction	9781473635487
13	Eleanor Oliphant is Completely Fine	Gail Honeyman	Fiction	9780008172145
14	The Sun and Her Flowers	Rupi Kaur	Poetry	9781471165825
15	Crazy Rich Asians	Kevin Kwan	Fiction	9781782393320
16	The Woman Who Walked in	Alexander McCall-	Fiction	9780349141039
	Sunshine	Smith		
17	The Moon's A Balloon	David Niven	Autobiography	9780140239249
18	The Lido	Libby Page	Fiction	9781409175223
19	Dear Mrs Bird	A J Pearce	Fiction	9781509853892
20	Me Talk Pretty One Day	David Sedaris	humour/biography	9780349113913
21	Where'd You Go, Bernadette	Maria Semple	Fiction	9781474601603
22	Why Mummy Drinks	Gill Sims	Fiction	9780008241094
23	Tiny Beautiful Things	Cheryl Strayed	Non-fiction	9781782390695
24	The World of Jeeves	P G Wodehouse	Fiction	9780099514237
25	Sour Heart	Jenny Zhang	Fiction, short	9781408892374
			stories	





1. I'm Still Here - Clélie Avit (Hodder, 2017)



Elsa has been in a coma for five months. With all hope of reviving her gone, her family must face the devastating fact that it might be time to turn off her life support.

What they don't know is that in the past few weeks Elsa has regained partial consciousness - she just has no way of telling them.

Thibault is in the same hospital visiting his brother and, seeking a retreat, finds his way into Elsa's room. When he begins to talk to her, he doesn't realise she can hear every word - and that he is giving her a reason to wake up.

And so begins a love story that might just save both their lives...

"Elsa has been in a coma for months. Her family face the agonising decision of whether to turn off her life support. But, unbeknownst to them, Elsa has recently regained partial consciousness: she can hear everyone talking around her. This is such an incredibly uplifting book, as two people fall in love, in what seem completely hopeless circumstances. Elsa lies in her hospital bed when in stumbles Thibault, a man escaping a family tragedy. This is such a beautiful book, so moving and despite the subject matter (accidents, illness, coma, suicide) the ending is ultimately hopeful and uplifting. Everyone I've recommended it to has loved it!"

2. Espedair Street - Iain Banks (Abacus, 2013)



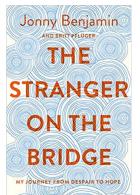
Daniel Weir used to be a famous - not to say infamous - rock star. Maybe still is. At thirty-one he has been both a brilliant failure and a dull success. He's made a lot of mistakes that have paid off and a lot of smart moves he'll regret forever (however long that turns out to be). Daniel Weir has gone from rags to riches and back, and managed to hold onto them both, though not much else. His friends all seem to be dead, fed up with him or just disgusted - and who can blame them?

And now Daniel Weir is all alone. As he contemplates his life, Daniel realises he only has two problems: the past and the future. He knows how bad the past has been. But the

future - well, the future is something else.

"It goes through a welter of emotions. Takes you to another place and time but shows one man's journey and his salvation. I love this book. Up there with Pride and Prejudice on my best seller list!"

3. The Stranger On The Bridge: My Journey from Despair to Hope - Jonny Benjamin (Pan Macmillan, 2018)



In 2008, twenty-year-old Jonny Benjamin stood on Waterloo Bridge, about to jump. A stranger saw his distress and stopped to talk with him — a decision that saved Jonny's life. The Stranger on the Bridge is a memoir of the journey Jonny made both personally, and publicly to not only find the person who saved his life, but also to explore how he got to the bridge in the first place and how he continues to manage his diagnosis of schizoaffective disorder. Using extracts from diaries Jonny has been writing from the age of thirteen, this book is a deeply personal memoir with a unique insight on mental health.

"Very inspirational and to follow on social media and then to go on to read this book and see how Stranger On The Bridge continues to help raise awareness of mental

illness. I have a sister who has just started training as a Time to Change Young Champion and on one of the first days of her training she got to hear Jonny Benjamin speak in person. I think his story and journey reaches a lot of people."

4. Hyperbole and a Half - Allie Brosh (2013)

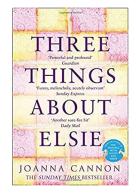


Hyperbole and A Half is a blog written by a 20-something girl called Allie Brosh. She tells fantastically funny, wise stories about the mishaps of her everyday life, with titles like 'Why Dogs Don't Understand Basic Concepts Like Moving' and 'The God of Cake'. She accompanies these with naive drawings using Paint on her PC.

Brosh's website receives millions of visitors a month and hundreds of thousands per day. Now her full-colour debut book chronicles the many "learning experiences" Brosh has endured as a result of her own character flaws. It includes stories about her rambunctious childhood; the highs and mostly lows of owning a mentally challenged dog; and a moving and darkly comic account of her struggles with depression.

"Profound and hilarious, I wish I'd found this book sooner"

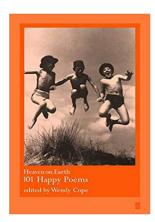
5. Three Things About Elsie - Joanna Cannon (The Borough Press, 2018)



84-year-old Florence has fallen in her flat at Cherry Tree Home for the Elderly. As she waits to be rescued, she considers the charming new resident who looks exactly like a man she once knew – a man who died sixty years ago. His arrival has stirred distant memories she and Elsie thought they'd laid to rest. Lying prone in the front room, Florence wonders if a terrible secret from her past is about to come to light...

"This is a compelling read. It will take you on an emotional rollercoaster line. Even the cover draws you in - which is why the book is also known as the Battenberg Book!"

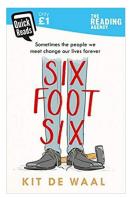
6. Heaven on Earth: 101 Happy Poems - Various, edited by Wendy Cope (Faber & Faber, 2001)



In this gloriously exuberant anthology, Wendy Cope sets out to prove that misery doesn't have all the best lines. Here is a collection of poems which are unashamedly happy: poems about love, places, the beauty of the natural world, about company and solitude, music, food and drink, books, and the unadulterated pleasure of taking a shower. Among the more surprising items are the Chinese Po Chu-I on the advantages of baldness, the eighteenth-century John Dyer on the kindly behaviour of his ox, and an unusually cheerful Thomas Hardy enjoying the sight of seven women laughing as they stagger, arm in arm, down an icy hill. Catullus, Chaucer, Clare, Dickinson, Betjeman and Larkin are among the contributors who help to demonstrate that people who believe that 'happiness writes white' have got it wrong.

"Spanning the centuries and including poets from Britain and around the world, this anthology brings together a wide variety of poems to uplift and enlighten. Whether it is the simple pleasure of a cup of tea, the gratitude of surviving hardship or the thrill of new love, each poem shines a positive light on life in all its complicated glory."

7. Six Foot Six - Kit De Waal (Penguin, 2018)



It's an exciting day for Timothy Flowers. It's the third of November, and it's Friday, and it's his twenty-first birthday. When Timothy walks to his usual street corner to see his favourite special bus, he meets Charlie. Charlie is a builder who is desperate for Timothy's help because Timothy is very tall, six feet six inches. Timothy has never had a job before - or no work that he's kept for more than a day. But when Timothy and Charlie have to collect money from a local thug, things don't exactly go according to plan...

Over the course of one day, Timothy's life will change for ever.

"Heart-warming, perfectly short and sweet."

8. The Reader on the 6.27 - Jean-Paul Didierlaurent (Pan Macmillan, 2016)

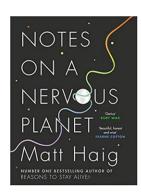


Guylain Vignolles lives on the edge of existence. Working at a book pulping factory in a job he hates, he has but one pleasure in life...

Sitting on the 6.27 train each day, Guylain recites aloud from pages he has saved from the jaws of his monstrous pulping machine. But it is when he discovers the diary of a lonely young woman, Julie - a woman who feels as lost in the world as he does - that his journey will truly begin.

"I found this book engaging and read it quite quickly, and it still makes me feel happy when I think about it. The book is about the power of reading and stories in our lives. The storyline is quirky and based on the lives and emotions of ordinary people who feel stuck in their jobs/lives, and it shows how their individual natures and influences on each other are valuable. Although dealing with melancholy themes and isolation, the story is also full of humour and positivity."

9. Notes On A Nervous Planet - Matt Haig (Canongate, 2018)



Rates of stress and anxiety are rising. A fast, nervous planet is creating fast and nervous lives. We are more connected, yet feel more alone. And we are encouraged to worry about everything from world politics to our body mass index.

- How can we stay sane on a planet that makes us mad?
- How do we stay human in a technological world?
- How do we feel happy when we are encouraged to be anxious?
 After experiencing years of anxiety and panic attacks, these questions became urgent matters of life and death for Matt Haig. And he began to look for the link between what he felt and the world around him. Notes on a Nervous Planet is a personal and vital look at how to feel happy, human and whole in the twenty-first

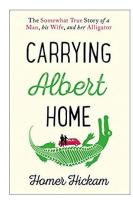
century.

"The perfect read for a messy world. You just know with this writer that all will be fine. A writer who tackles tricky modern day anxiety with a touch of humour and considerable hope."

"I would recommend because it is very relevant to modern day issues. It can be used to help people that are going through a rough time, people experiencing mental health problems, people who want to understand more about mental health or just anyone that wants to find comfort in the fact that we are not alone. The book was a mood booster for me because it not only inspired me but made me that the stresses we all put on ourselves in everyday life can be avoided or resolved in the sense of thinking about them in a different way."

3. "Matt Haig provides a moving and personal account of how he has overcome, and continues to manage, depression and anxiety but coupled with simple messages of practical steps and tools we can all use to live a more content, engaged life. It's not didactic, but it's thought provoking and helps us to see the simple joys and pleasures that life can bring while avoiding some of the traps and chaos from busy modern day life."

10. Carrying Albert Home: The Somewhat True Story of A Man, His Wife, and Her Alligator - Homer Hickam (Harper Collins, 30/06/2016)



A journey of a thousand miles. With an alligator on the back seat. And John Steinbeck as a passenger. This is a tale where everything is true, except the bits that are made up.

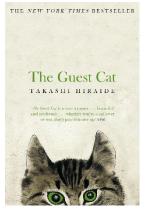
In 1930s America, the Great Depression made everyone's horizons smaller, and Elsie Lavender found herself back where she began, in the coalfields of West Virginia. She had just one memento of her halcyon days a baby alligator named Albert.

Then one day, her husband's stoical patience snapped and Elsie had to choose between Homer and Albert. She decided that there was only one thing to do: they would carry Albert home to Florida. And so began their odyssey a journey like no other, where Elsie, Homer and Albert encountered everything from movie stars and

revolutionaries to Ernest Hemingway and hurricanes in their struggle to find love, redemption, and a place to call home.

"It is brilliant because the idea of taking a crocodile in a car anyway is absurd but that is exactly what they did. It is a very funny story which you cannot fail to laugh about."

11. The Guest Cat - Takashi Hiraide (Picador, 2014)



A couple in their thirties live in a small rented cottage in a quiet part of Tokyo. They work at home as freelance writers. They no longer have very much to say to one another.

One day a cat invites itself into their small kitchen. She is a beautiful creature. She leaves, but the next day comes again, and then again and again. New, small joys accompany the cat; the days have more light and colour. Life suddenly seems to have more promise for the husband and wife; they go walking together, talk and share stories of the cat and its little ways, play in the nearby Garden. But then something happens that will change everything again. *The Guest Cat* is an

exceptionally moving and beautiful novel about the nature of life and the way it feels to live it. Written by Japanese poet and novelist Takashi Hiraide, the book won Japan's Kiyama Shohei Literary Award, and was a bestseller in France and America.

"A touching and peaceful story of a cat that visits a couple's home and the pleasure it brings"

12. The Keeper of Lost Things - Ruth Hogan (Two Roads, 2017)



Once a celebrated author of short stories now in his twilight years, Anthony Peardew has spent half his life collecting lost objects, trying to atone for a promise broken many years before.

Realising he is running out of time, he leaves his house and all its lost treasures to his assistant Laura, the one person he can trust to fulfil his legacy and reunite the thousands of objects with their rightful owners.

But the final wishes of the 'Keeper of Lost Things' have unforeseen repercussions which trigger a most serendipitous series of encounters...

"It will keep you in suspense, wanting to read on. It will take you on an emotional journey that you cannot help fall into, as if it was your own. Enthrilling beginning to end!"

"This is a lovely, feel-good story which will restore your faith in human nature."

13. Eleanor Oliphant is Completely Fine - Gail Honeyman (HarperCollins, 2018)



Eleanor Oliphant leads a simple life. She wears the same clothes to work every day, eats the same meal deal for lunch every day and buys the same two bottles of vodka to drink every weekend.

Eleanor Oliphant is happy. Nothing is missing from her carefully timetabled life. Except, sometimes, everything.

One simple act of kindness is about to shatter the walls Eleanor has built around herself. Now she must learn how to navigate the world that everyone else seems to take for granted – while searching for the courage to face the dark corners she's avoided all her life.

Change can be good. Change can be bad. But surely any change is better than... fine?

"A gentle and honest story about overcoming adversity. It is a feel good read with humour and realism and ultimately uplifting."

"It reminds us that someone we know superficially, who may appear to be a little unusual, may in fact be living their life in a completely different context to our own. If we we really got to know them and they trusted us to understand their circumstances all would become clear. I read this during a stressful and challenging period of my life and it was the only book which resonated with me and lifted me out of the dark experience towards light and hope."

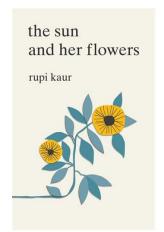
"Eleanor is a likeable character who you really end up rooting for. The book takes you on a rollercoaster of emotions with her and has an uplifting but realistic ending. Loved it!"

"It's a lovely story about a woman coming out of her shell and overcoming her past trauma and a very satisfying read."

"I forgot my own problems, laughed many times throughout the book and appreciated my own life and parents by the end of the book."

"Eleanor Oliphant is the most unreliable of narrators, but her story is endearing. Her simple, habitual life is broken by an act of kindness which unravels her carefully created protections. We gradually see her discover herself, come to terms with her past, and affirm that she does have a future, after all. Sharing her journey is life-affirming."

14. The Sun and Her Flowers – Rupi Kaur (Simon & Schuster, 2017)



From Rupi Kaur, the bestselling author of *Milk and Honey,* comes her long-awaited second collection of poetry. Illustrated by Kaur, *The Sun and Her Flowers* is a journey of wilting, falling, rooting, rising and blooming. It is a celebration of love in all its forms

"An empowering journey of growth, equal parts heartfelt and lovely"

15. Crazy Rich Asians - Kevin Kwan (Corvus, 2018)



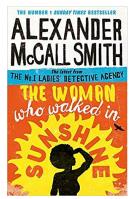
Crazy Rich Asians is the outrageously funny debut novel about three super-rich, pedigreed Chinese families and the gossip, backbiting, and scheming that occurs when the heir to one of the most massive fortunes in Asia brings home his ABC (American-born Chinese) girlfriend to the wedding of the season.

When Rachel Chu agrees to spend the summer in Singapore with her boyfriend, Nicholas Young, she envisions a humble family home, long drives to explore the island, and quality time with the man she might one day marry. What she doesn't know is that Nick's family home happens to look like a palace, that she'll ride in more private planes than cars, and that with one of Asia's most eligible bachelors on her arm, Rachel might as well have a target on her back... Uproarious, addictive, and filled with jaw-dropping opulence, *Crazy Rich Asians* is an insider's

look at the Asian JetSet; a perfect depiction of the clash between old money and new money; between Overseas Chinese and Mainland Chinese; and a fabulous novel about what it means to be young, in love, and gloriously, *crazily* rich.

"Dramatic and wildly entertaining, a compulsively fun read that provides pure escapism"

16. The Woman Who Walked In Sunshine - Alexander McCall-Smith (Abacus, 2016)

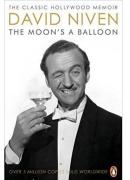


Mma Ramotswe is not one to sit about. Her busy life as the proprietress of the No.1 Ladies' Detective Agency gives her little time for relaxation. Nonetheless, she is persuaded by her co-director Mma Makutsi to take a holiday.

But Mma Ramotswe finds it impossible to resist the temptation to interfere with the agency's cases - secretly, she intends . . . This leads her to delve into the past of a man whose reputation has been called into question. It also leads her to an orphan named Samuel. Meanwhile, Violet Sephotho, Mma Makutsi's arch-enemy, has had the temerity to set up a new secretarial college - one that aims to rival that great institution, the Botswana Secretarial College. Will she get her comeuppance? It will be a close-run thing.

"Quiet everyday drama with a warm, kind, clever and funny central character, Mma Ramotswe, who likes cake and sorting out people's problems."

17. The Moon's a Balloon - David Niven (Penguin, 1994)



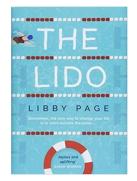
Beginning with the tragic early loss of his aristocratic father, then regaling us with tales of school, army and wartime hi-jinx, Niven shows how, even as an unknown young man, he knew how to live the good life.

But it is his astonishing stories of life in Hollywood and his accounts of working and partying with the legends of the silver screen - Lawrence Oliver, Vivien Leigh, Cary Grant, Elizabeth Taylor, James Stewart, Lauren Bacall, Marlene Dietrich, Noel Coward and dozens of others, while making some of the most acclaimed films of the last century - which turn David Niven's memoir into an outright masterpiece.

An intimate, gossipy, heartfelt and above all charming account of life inside Hollywood's dream factory, The Moon is a Balloon is a classic to be read and enjoyed time and again.

"I laughed out loud throughout the book."

18. The Lido - Libby Page (Orion, 2018)



Rosemary has lived in Brixton all her life, but everything she knows is changing. Only the local lido, where she swims every day, remains a constant reminder of the past and her beloved husband George. Kate has just moved and feels adrift in a city that is too big for her. She's on the bottom rung of her career as a local journalist, and is determined to make something of it.

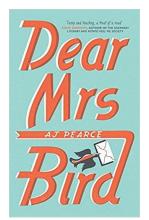
So when the lido is threatened with closure, Kate knows this story could be her chance to shine. But for Rosemary, it could be the end of everything. Together they are determined to make a stand, and to prove that the pool is more than just a place to swim - it is the heart of the community.

The Lido is an uplifting novel about the importance of friendship, the value of community, and how ordinary people can protect the things they love.

"Story about how young lady suffering from depression is helped by an older lady, who is desperate to keep the Lido open, by her kindness and understanding and practical help."

"A poignant, feel-good tale of friendship, kindness and community"

19. Dear Mrs Bird - AJ Pearce (Picador, 2018)



London, 1941. Emmeline Lake and her best friend Bunty are trying to stay cheerful despite the Luftwaffe making life thoroughly annoying for everyone. Emmy dreams of becoming a Lady War Correspondent and when she spots a job advertisement in the newspaper she seizes her chance – but after a rather unfortunate misunderstanding, she finds herself typing letters for the formidable Henrietta Bird, the renowned agony aunt of Woman's Friend magazine.

Mrs Bird is very clear: letters containing any form of Unpleasantness must go straight into the bin. But as Emmy reads the desperate pleas from women who may have Gone Too Far with the wrong man, or can't bear to let their children be evacuated, she decides the only thing for it is to secretly write back . . .

Irresistibly funny and enormously moving, Dear Mrs Bird by AJ Pearce is a love letter to the enduring power of friendship, the kindness of strangers and the courage of ordinary people in extraordinary times.

"Though it's set during the London Blitz of 1940, this story of Emmy Lake's battle to provide courage and good cheer to women writing in to a magazine problem page is charming, light, funny and will lift your spirits!"

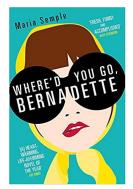
20. Me Talk Pretty One Day - David Sedaris (Abacus, 2002)



Anyone that has read NAKED and BARREL FEVER, or heard David Sedaris speaking live or on the radio will tell you that a new collection from him is cause for jubilation. His recent move to Paris from New York inspired these hilarious new pieces, including 'Me Talk Pretty One Day', about his attempts to learn French from a sadistic teacher who declares that 'every day spent with you is like having a caesarean section'. His family is another inspiration. 'You Can't Kill the Rooster' is a portrait of his brother, who talks incessant hip-hop slang to his bewildered father. And no one hones a finer fury in response to such modern annoyances as restaurant meals presented in ludicrous towers of food and cashiers with six-inch fingernails.

"Hilarious - arch, witty, a little twisted. Has you chortling"

21. Where'd You Go, Bernadette - Maria Semple (W&N [Orion], 2012)



Bernadette Fox is notorious.

To Elgie Branch, a Microsoft wunderkind, she's his hilarious, volatile, talented, troubled wife.

To fellow mothers at the school gate, she's a menace.

To design experts, she's a revolutionary architect.

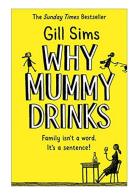
And to 15-year-old Bee, she is a best friend and, quite simply, mum.

Then Bernadette disappears. And Bee must take a trip to the end of the earth to find her.

WHERE'D YOU GO, BERNADETTE is a compulsively readable, irresistibly written, deeply touching novel about misplaced genius and a mother and daughter's place in the world.

"Funny and witty but with a serious and disturbing view of a middle aged woman's increasing isolation after she moved with her family to a new town. Told through her daughter's investigation for her mother after she disappears, the state of her mind is gradually revealed."

22. Why Mummy Drinks – Gill Sims (HarperCollins, 2018)



Why Mummy Drinks is the brilliant novel from Gill Sims, the author of the online sensation Peter and Jane.

It is Mummy's 39th birthday. She is staring down the barrel of a future of people asking if she wants to come to their advanced yoga classes, and polite book clubs where everyone claims to be tiddly after a glass of Pinot Grigio and says things like 'Oooh gosh, are you having another glass?'

But Mummy does not want to go quietly into that good night of women with sensible haircuts who 'live for their children' and stand in the playground trying to trump each other with their offspring's extracurricular activities and achievements, and boasting

about their latest holidays.

Instead, she clutches a large glass of wine, muttering 'FML' over and over again. Until she remembers the gem of an idea she's had...

"I read this book to my mum when she was unwell. It had us both laughing out loud repeatedly and
I would definitely recommend it!"

23. Tiny Beautiful Things - Cheryl Strayed (Atlantic Books, 2013)



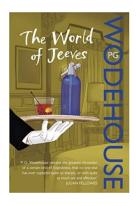
Life can be hard: your lover cheats on you, you lose a family member, you can't pay the bills. But it can be pretty great, too: you've had the hottest sex of your life, you get that plum job, you muster the courage to write your novel. Everyday across the world, people go through the full and glorious gamut of life - but sometimes, a little advice is needed.

For several years, thousands turned to Cheryl Strayed, a then-anonymous internet Agony Aunt. But unlike most Agony Aunts, this one's advice was spun from genuine compassion and informed by a wealth of personal experience - experience that was

sometimes tragic and sometimes tender, often hilarious and often heartbreaking. Having successfully battled her own demons while hiking the Pacific Crest Trail, Cheryl Strayed sat down to answer the letters of the frightened, the anxious, the confused; and with each gem-like correspondence - of which the best are collected in this volume - she proved to be the perfect guide for those who had got a little lost in life.

"In this collection of letters, people going through the darkest times in their lives reach out to Cheryl Strayed via her advice column "Dear Sugar". Strayed responds with breath taking writing depicting the beauty and fragility of life that will inspire any reader."

24. The World of Jeeves - P G Wodehouse (Arrow, 2008)



This is an omnibus of wonderful Jeeves and Wooster stories, specially selected and introduced by Wodehouse himself, who was struck by the size of his selection and described it as almost the ideal paperweight.

This omnibus contains Carry On, Jeeves, The Inimitable Jeeves, Very Good, Jeeves and the short stories 'Jeeves Makes an Omelette' and 'Jeeves and the Greasy Bird'.

"Because it's silly, very funny, light hearted and you can escape into the 1920's and 30's with a smile."

25. Sour Heart - Jenny Zhang (2018)



Centred on a community of immigrants precariously balanced on the edge of poverty in 1990s New York City, the stories that make up *Sour Heart* examine the ways that family and history can weigh us down, but also lift us up. From the young woman coming to terms with her grandmother's role in the Cultural Revolution, to the daughter struggling to understand where her family ends and she begins, these vibrant, raw and powerful stories introduce a bold and singular new voice.

"A bold collection of stories that leaves you reeling. It's honest, generous and sometimes crude but truly original"