

Health

Middle School Reading List

- 614.4
ALT
Altman, Linda Jacobs. Plague and Pestilence: A History of Infectious Disease. Berkeley Heights, NJ: Enslow Publishers, Inc., 1998.
- Traces the battles that societies have waged against infectious diseases, from the Black Death of the fourteenth century to the Ebola virus of more recent times.
- 614.5
ARO
Aronson, Virginia. The Influenza Pandemic of 1918. Philadelphia: Chelsea House Publishers, 2000.
- Discusses the outbreak and worldwide spread of the deadly Spanish flu in 1918, methods of treating it, and efforts to study this killer virus and others like it.
- 155.2
AYE
Ayer, Eleanor H. Determination. New York: Rosen Pub. Group, 1991.
- Examines the meaning and value of determination and how it can be developed, used in combination with persistence, and maintained in the face of obstacles.
- 611.01
BAE
Bauerle Patrick A. and Norbert Landa. How the Y Makes the Guy: Microexplorers. Hauppauge, NY: Barron's, 1997.
- A guided tour through the marvels of inheritance and growth.
- 616.07
BAL
Balkwill, Francis R. Cell Wars. Minneapolis, MN: Carolrhoda Books, Inc., 1990.
- Explains how cells fight off diseases and viruses in the human body.
- 612
B
Ball, Jacqueline A. Puberty. Vero Beach, FL: Rourke Publications, 1989.
- Explains how a girl's body changes during puberty, discussing the menstrual cycle, breast development, hormonal activity, and emotional changes.
- 614.4
BIE
Biel, Timothy L. Black Death. San Diego, CA: Lucent Books, 1989.
- Describes the social and economic conditions in medieval Europe at the outbreak of the Black Death and the causes and effects of the epidemic.

- FIC
BOW
Bowler, Tim. River Boy. New York: M.K. McElderry, 2000.
- Knowing that he is dying, Jess's grandfather insists on returning to the river he had known as a boy to finish a special painting and fulfill a life-long dream.
- 175
BOW
Bowman, John. Sportsmanship. New York: Rosen Pub. Group, 1990.
- Examines the differences between good and bad sportsmanship, including modern pressures, use of drugs, etc.
- 155.9
BRA
Bratman, Fred. Everything You Need to Know When a Parent Dies. New York: Rosen Pub. Group, 1991.
- A guide to coping with the stresses and emotions arising after the death of a parent.
- FIC
BROOKS
Brooks, Bruce. Everywhere. New York: Harper & Row, 1990.
- Afraid that his beloved grandfather will die after suffering a heart attack, a nine-year-old boy agrees to join ten-year-old Dooley in performing a mysterious ritual called soul switching.
- FIC
BUT
Butler, Beverly. Light a Single Candle. New York: Dodd Mead, 1962.
- An inspiring story of a young girl who finds she must face a very different way of living when she loses her sight at fourteen.
- FIC
BYARS
Byars, Betsy Cromer. The Summer of the Swans. New York: Puffin Books, 1981.
- A teen-age girl gains new insight into herself and her family when her mentally handicapped brother gets lost.
- 158.1
CAN
Canfield, Jack. Chicken Soup for the Teenage Soul: 101 Stories of Life, Love and Learning. New York: Scholastic Inc., 1999.
- This book contains stories, poems, and cartoons relating to the specific troubles that traumatize teenagers everywhere.
- 158.1
CAN
Canfield, Jack. Chicken Soup for the Teenage Soul II: 101 More Stories of Life, Love and Learning. New York: Scholastic Inc., 1999.
- This book contains stories, poems, and cartoons relating to the specific troubles that traumatize teenagers everywhere.

- 158.1
CAN Canfield, Jack. Chicken Soup for the Teenage Soul III: 101 More Stories of Life, Love and Learning. New York: Scholastic Inc., 2000.
- This book contains stories, poems, and cartoons relating to the specific troubles that traumatize teenagers everywhere.
- 158.1
CAN Canfield, Jack. Chicken Soup for the Teenage Soul Letters: Letters of Life, Love and Learning. New York: Scholastic Inc., 2000.
- This book contains letters relating to the specific troubles that traumatize teenagers everywhere.
- FIC
CLI Clifford, Eth. The Remembering Box. Boston: Houghton Mifflin, 1985.
- Nine-year-old Joshua's weekly visits to his beloved grandmother on the Jewish sabbath gives him an understanding of love, family, and tradition which helps him accept her death.
- 362.2
COB Cobain, Bev. When Nothing Matters Anymore : A Survival Guide for Depressed Teens. Minneapolis, MN: Free Spirit, 1998.
- A guide to understanding and coping with depression, discussing the different types, how and why the condition begins, how it may be linked to substance abuse or suicide, and how to get help.
- 613.3
COL Coleman, Ellen. The Ultimate Sports Nutrition Handbook. Palo Alto, CA: Bull Publishing Company, 1996.
- Provides nutrition and exercise strategies athletes can use to perform closer to their potential, and enjoy better overall health.
- FIC
COU Couloumbis, Audrey. Getting Near to Baby. New York: G. P. Putnam's Sons, 1999.
- Although thirteen-year-old Willa Jo and her Aunt Patty seem to be constantly at odds, staying with her and Uncle Hob helps Willa Jo and her younger sister come to terms with the death of their family's baby.
- 616
DAY Day, Nancy. Killer Superbugs: The Story of Drug-Resistant Diseases. Berkeley Heights, NJ: Enslow, 2001.
- Describes the development of antibiotics and explores the recent phenomenon of drug-resistant bacteria.

- 614.4
DAY
Day, Nancy. Malaria, West Nile, and Other Mosquito-Borne Diseases. Berkeley Heights, NJ: Enslow Publishers, 2001.
- Explores the relationship between mosquitoes and disease, discussing the outbreak of West Nile virus in New York in 1999, and other instances of mosquito-related epidemics in history; also looks at some of the other disease spread by mosquitoes, with information about their diagnosis, treatment, and prevention.
- FIC
DES
Dessen, Sarah. Keeping the Moon. New York: Viking,, 1999.
- Fifteen-year-old Colie, a former fat girl, spends the summer working as a waitress in a beachside restaurant, staying with her overweight and eccentric Aunt Mira, and trying to explore her sense of self.
- 362.29
DIA
Diamond, Arthur. Alcoholism. San Diego, CA: Lucent Books, 1992.
- Discusses the causes and effects of alcohol abuse and describes some of the measures used in the treatment and prevention of alcoholism.
- 362.2
D
Dinner, Sherry H. Nothing to Be Ashamed of : Growing Up with Mental Illness in Your Family. New York: Lothrop, Lee & Shepard Books, 1989.
- Advice for a young person with a mentally ill family member.
- 616.97
DRA
Drainin, Barbara Hermie. Everything You Need to Know When a Parent Has AIDS. New York: The Rosen Publishing Group, Inc., 1994.
- Discusses everything a child needs to know when his or her parent contracts HIV or AIDS.
- FIC
DURANT
Durant, Penny Raife. When Heroes Die. New York: Atheneum, 1992.
- Devastated that his hero uncle, Rob, is dying of AIDS, twelve-year-old Gary, in need of advice and guidance in his life, draws strength from Rob himself.
- 179
EAR
Earle, Vana. Honesty. New York: Rosen Pub. Group, 1990.
- Defines honesty and discusses its importance in life.
- FIC
FINE
Fine, Anne. Flour Babies. Boston, MA: Little, Brown and Company, 1994.
- When his class of underachievers is assigned to spend three torturous weeks taking care of their own "babies" in the form of bags of flour, Simon makes amazing discoveries about himself while coming to terms with his long-absent father.

613.85
GAN

Gano, Lila. Smoking. San Diego, CA: Lucent Books, 1989.

Discusses major issues relating to smoking, including its relation to American culture, economy, and disease.

FIC
GANTOS

Gantos, Jack. Joey Pigza Loses Control. New York: Farrar, Straus and Giroux, 2000.

Joey, who is still taking medication to keep him from getting too wired, goes to spend the summer with the hard-drinking father he has never known and tries to help the baseball team he coaches win the championship.

FIC
GANTOS

Gantos, Jack. Joey Pigza Swallowed the Key. New York: Farrar, Straus and Giroux, 1998.

To the constant disappointment of his mother and his teachers, Joey has trouble paying attention or controlling his mood swings when his prescription meds wear off and he starts getting worked up and acting wired.

612
GAR

Gardner, Robert. Health Science Projects about Anatomy and Physiology. Berkeley Heights, NJ: Enslow, 2001.

Contains science projects and experiments that deal with human anatomy and physiology; each project includes a materials lists, explanations of the experiments' basic theories, and suggestions for further study.

576.5
GAR

Gardner, Robert. Health Science Projects About Heredity. Berkeley Heights, NJ: Enslow, 2001.

Contains science projects and experiments that deal with heredity, each with a materials list, and explanation of the basic theories behind the experiments, and suggestions for further study.

612
GAR

Gardner, Robert. Health Science Projects About Your Senses. Berkeley Heights, NJ: Enslow, 2001.

Contains science projects and experiments that deal with the senses; each project includes materials lists explanations of the experiments basic theories, and suggestions for further study.

614.49
GIB

Giblin, James. When Plague Strikes : The Black Death, Smallpox, AIDS. New York: HarperCollins, 1995.

Tells the stories of three of the most serious and damaging diseases.

- FIC
GIL Gilbert, Barbara Snow. Stone Water. Arden, NC: Front Street, 1996.
- Fifteen-year-old Grant confronts the difficult decision of whether or not to cooperate with his grandfather's wish that he not be placed on life-support systems.
- FIC
GIR Girard, Linda Walvoord. Alex, the Kid with AIDS. Morton Grove, Ill.: A. Whitman, 1991.
- Alex, a fourth grader with AIDS, makes a new friend and learns that although he is sick, he can't misbehave in school.
- FIC
GRE Greene, Shep. The Boy Who Drank Too Much. New York: Viking Press, 1979.
- The efforts of his friends almost fail to stop a lonely and isolated teenager from destroying himself with alcohol.
- 616.8
GRE Greenfeld, Josh. A Client Called Noah. New York: H. Holt, 1986.
- The story of Josh Greenfield's severely brain-damaged son, Noah.
- FIC
GRI Griffin, Adele. The Other Shepards. New York: Hyperion Books for Children, 1998.
- Teenage Holland and her younger sister Geneva, having always lived under the shadow of siblings who died before they were born, struggle to establish separate identities and escape from the oppressive weight of their parents' continuing grief.
- 363.1
GRO Grosshandler, Janet. Drugs and Driving. New York: Rosen Pub. Group, 1992.
- Discusses the use of drugs by teenagers, and, in particular, the consequences of combining drugs and driving.
- 616.8
HAM Hampshire, Susan. Susan's Story: An Autobiographical Account of My Struggle with Dyslexia. New York: St. Martin's Press, 1982.
- Susan tells about her troubles growing up with dyslexia.
- FIC
HAT Hatrick, Gloria. Masks. New York: Orchard Books, 1996.
- Desperate to help his older brother Will who has become paralyzed by a rare disease, Pete uses tribal animal masks to communicate with Will, allowing him to escape his useless body and embark on a series of strange and powerful dream journeys.

- SC
HEN Henry, O. The Last Leaf. Mankato, MN: Creative Education, 1980.
- A sick artist with no will to live feels she will die when the last leaf falls from the tree by her window--yet for some reason the leaf hangs on.
- FIC
HER Hermes, Patricia. You Shouldn't Have to Say Good-Bye. New York: Harcourt Brace Jovanovich, 1982.
- Twelve-year-old Sarah learns her mother is dying of cancer.
- 363.12
HJE Hjelmeland, Andy. Drinking & Driving. New York: Crestwood House, 1990.
- Discusses the consequences of drinking and then driving, with a step-by-step scenario of what happens to a driver who is arrested for drunk driving. Includes addresses to write to for more information.
- 616.8
HOR Horwitz, Elinor Lander. Madness, Magic, and Medicine: the Treatment and Mistreatment of the Mentally Ill. Philadelphia: Lippincott, 1977.
- Discusses the treatment of the mentally ill through the ages.
- FIC
HUDSON Hudson, Jan. Sweetgrass. New York: Philomel Books, 1989.
- Living on the western Canadian prairie in the nineteenth century, Sweetgrass, a fifteen-year-old Blackfoot Indian girl, saves her family from a smallpox epidemic and proves her maturity to her father.
- FIC
HULL Hull, Eleanor Means. Alice With Golden Hair. New York: Atheneum, 1981.
- An eighteen-year-old mentally retarded girl has problems adjusting to her job as an aide in a nursing home, but soon finds that it brings her friendship and a feeling of self-worth.
- 179
JOH Johnson, Linda Carlson. Responsibility. New York: Rosen Pub. Group, 1990.
- Examines the meaning of responsibility.
- 179
KAH Kahaner, Ellen. Courage. New York: Rosen Pub. Group, 1990.
- Defines courage and discusses its importance in life.

613.09
KAL

Kalman, Bobbie. Early Health and Medicine. New York: Crabtree Pub., 1991.

Describes the history of health and medicine in America since colonial days.

158
KAU

Kaufman, Gershen. Stick up for yourself! : Every Kid's Guide to Personal Power and Positive Self-Esteem. Minneapolis, MN: Free Spirit Pub., 1999.

Discusses problems facing young people, such as making choices, learning about and liking yourself, and solving problems.

B
BRAILLE

Keeler, Stephen. Louis Braille. New York: Bookwright Press, 1986.

The life of the nineteenth-century Frenchman, accidentally blinded as a child, who originated the raised dot system of reading and writing used throughout the world by the blind.

FIC
KER

Kerr, M.E. Night Kites. New York: Harper & Row, 1986.

Seventeen-year-old Erick's comfortable and well-ordered life begins to fall apart when he is forced to keep two secrets: the identity of his new girlfriend and the nature of his brother's debilitating disease.

FIC
KINDL

Kindl, Patrice. The Woman in the Wall. Boston: Houghton Mifflin, 1997.

Because she suffers from extreme shyness, Anna retreats into herself and her secret rooms, where she attempts to remain hidden from the outside world.

FIC
KIN

Kingman, Lee. Head over Wheels. Boston: Houghton Mifflin, 1978.

After an automobile accident, 17-year-old identical twins, Terry and Kerry, must face the fact that Terry will never walk again.

FIC
KIN

Kinsey-Warnock, Natalie. The Canada Geese Quilt. New York: Cobblehill Books/E.P. Dutton, 1989.

Worried that the coming of a new baby and her grandmother's serious illness will change the warm familiar life on her family's Vermont farm, ten-year-old Ariel combines her artistic talent with her grandmother's knowledge to make a very special quilt.

362.1
KIT

Kittredge, Mary. Teens with AIDS Speak Out. Garell. Englewood Cliffs, NJ: Messner, 1991.

Teens discuss the physical, social, and emotional effects of an illness they know might someday end their lives.

362.1
KRE

Krementz, Jill. How It Feels to Fight for Your Life. Boston: Joy Street Book/Little Brown, 1989.

Twelve children tell how they battle pain, uncertainty, and the changes brought about in their lives by serious illness such as cancer, severe burns, asthma, and kidney failure.

FIC
KUD

Kudlinski, Kathleen V. Hero over Here. New York: Viking, 1990.

A young boy must look after his mother and sister, who are ill with the deadly Spanish Flu, while his father and brother fight in World War I.

616.9
LAN

Landau, Elaine. Lyme Disease. New York: Franklin Watts, 1990.

Discusses the study, origins, symptoms, treatment and control of Lyme disease.

617.4
LAN

Landau, Elaine. Spinal Cord Injuries. Berkeley Heights, NJ: Enslow Publishers, 2001.

Describes several aspects of spinal cord injury, including its history, diagnosis, and treatment; recovery and rehabilitation; coping with such an injury; and breakthroughs and future possibilities in research, including stem cell research. Also includes a time line, a glossary, and a list of related resources.

B
KELL

Lawlor, Laurie. Hellen Keller: Rebellious Spirit. New York: Holiday House, 2001.

An illustrated biography of Helen Keller, sharing aspects of her personality and sometimes radical beliefs, and discussing her relationship with her teacher, Annie Sullivan and other important people in her life and work.

FIC
LAW

Lawrence, Iain. Ghost Boy. New York: Delacorte, 2000.

Unhappy in a home seemingly devoid of love, a fourteen-year-old albino boy who thinks of himself as Harold the Ghost runs away to join the circus, where he works with the elephants and searches for a sense of who he is.

- FIC
LEV Levinson, Marilyn. And Don't Bring Jeremy. New York: Holt, Rinehart, and Winston, 1985.
- New in the neighborhood and eager to be part of a new crowd, sixth-grader Adam finds it difficult to come to terms with the needs of his older brother who suffers from a learning disability and often seems younger than Adam himself.
- 362.29
LIT Littell, Mary Ann. LSD. Springfield, NJ: Enslow Publishers, Inc., 1996.
- Looks at the history of the hallucinogenic drug LSD and its societal and physical effects.
- 611
LLE Llewellyn, Claire. The Big Book of Bones : An Introduction to Skeletons. New York: Peter Bedrick books, 1998.
- Introduces the skeletons of many kinds of animals, including humans; explains how they move and why they look the way they do; and discusses what scientists can learn about evolution from fossils.
- 613.85
MAC MacDonald, Joan Vos. Tobacco and Nicotine Drug Dangers. Berkeley Heights, NJ: Enslow Publishers, 2000.
- Examines the history of tobacco and nicotine use, as well as the social and medical aspects of smoking, and offers suggestions on how to quit.
- 177
MAR Margulies, Alice. Compassion. New York: Rosen Pub. Group, 1990.
- Discusses the levels, significance, and effects of compassion and how it relates to science, the great religions, and conduct in a world of daily violence and tragedy.
- 179
MAR Marker, Sherry. Cooperation. New York: Rosen Pub. Group, 1991.
- Discusses the importance and the benefits of cooperation, inside and outside the home, in both everyday and emergency situations.
- FIC
MAR Martinez, Victor. Parrot in the Oven. New York: HarperCollins Publishers, 1996.
- Manny relates his coming-of-age experiences as a member of a poor Mexican family in which the alcoholic father only adds to everyone's struggle.

- 612
M Marzollo, Jean. Getting Your Period : A Book About Menstruation. New York: Dial Books for Young Readers, 1989.
- Discusses the facts and feelings about menstruation, citing the experiences of individual girls of different ages. Also includes descriptive illustrations.
- FIC
MIN Miner, Jane Claypool. New Beginning : An Athlete is Paralyzed. Mankato, MN: Crestwood House, 1982.
- Permanently paralyzed by a football injury, Steve must learn to develop new interests which will give him hope for the future
- 362.29
NAR Nardo, Don. Drugs and Sports. San Diego, CA: Lucent Books, 1990.
- Discusses the problems associated with athletes and drug use.
- 616.85
NAR Nardo, Don. Eating Disorders. San Diego, CA: Lucent Books, 1991.
- Examines the nature of eating disorders, the causes, warning signs, and effects, and how to deal with them.
- FIC
NEL Nelson, Theresa. Earthshine. New York: Orchard Books, 1994.
- Slim watches over her father, a disarmingly charismatic man, as his struggle with AIDS reaches its climax.
- 362.7
OC O'Connor, Karen. Homeless Children. San Diego, CA: Lucent Books, Inc., 1989.
- Discusses the causes and prevention of homelessness and what is being done to help solve this problem.
- 362.29
ONE O'Neill, Catherine. Focus on Alcohol. Frederick, MD: Twenty-first Century Books, 1990.
- Discusses the history, use, and dangers of alcohol, the problems of alcoholism, and coping with the pressures to drink.
- 179
OSB Osborn, Kevin. Tolerance. New York: Rosen Pub. Group, 1990.
- Examines the meaning of tolerance, its importance in modern society, and the kinds of intolerance or prejudice that may prevent people from respecting differences in others.

- FIC
PARK Park, Barbara. The Graduation of Jake Moon. New York: Atheneum Books for Young Readers, 2000.
- Fourteen-year-old Jake recalls how he has spent the last four years of his life watching his grandfather descend slowly but surely into the horrors of Alzheimer's disease.
- B
PELZER Pelzer, David J. A Child Called "It": One Child's Courage to Survive. Deerfield Beach, FL: Health Communications, 1995.
- An abused child's journey from victim to victor.
- B
PELZER Pelzer, David J. The Lost Boy : a Foster Child's Search for the Love of a Family. Deerfield Beach, FL: Health Communications, 1997.
- Sequel to *A Child Called It*, describes David Pelzer's life as a foster child.
- B
PELZER Pelzer, David J. A Man Named Dave : A Story of Triumph and Forgiveness. New York: Penguin Group, 2000.
- Conclusion of *A Child Called It* and *The Lost Boy*, this book describes David Pelzer's life as an adult.
- FIC
PHI Phipson, Joan. A Tide Flowing. New York: Atheneum, 1981.
- Tormented by his mother's death, his father's rejection, and his grandparents' inability to understand him, Mark finally finds new strength and purpose in his acquaintance with a young quadriplegic with whom he shares an interest in nature.
- 614.5
PRE Preston, Richard. The Hot Zone. New York: Random House, Inc.,1994.
- Tells the dramatic story of the appearance of rare and lethal viruses and their "crashes" into the human race.
- FIC
PORTE Porte, Barbara Ann. Something Terrible Happened. New York: Orchard Books, 1994.
- Twelve-year-old Gillian is sent away from her mother who is dying of AIDS to live with her relatives in Tennessee.
- FIC
RIC Richmond, Sandra. Wheels for Walking. Boston: Atlantic Monthly Press, 1983.
- After a car accident severs her spinal cord, eighteen-year-old Sally faces a long and painful adjustment to life as a quadriplegic.

- 610
RIT Ritchie, David. Health and Medicine. New York: Chelsea House, 1995.
- Explores what medicine was like and what roles doctors played in our American culture during the latter half of the 19th century.
- 362.29
ROB Robbins, Paul R. Designer Drugs. Springfield, NJ: Enslow Publishers, Inc.,1995.
- Explores the physical, emotional, historical, and societal effects of designer drug use.
- FIC
ROB Roberts, Willo Davis. Sugar Isn't Everything. New York: Atheneum, 1987.
- A detailed description of juvenile-onset diabetes (Type I) using a fictional form in which eleven-year-old Amy discovers that she has the disease, learns to treat it and to deal with her anger, and finally accepts that she CAN live with it.
- FIC
ROO Roos, Stephen. The Gypsies Never Came. New York: Simon & Schuster Books for Young Readers, 2001.
- Sixth-grader Augie Knapp, who has a deformed hand, is convinced by Lydie Rose, the strange new girl in town, that the gypsies are coming for him
- FIC
ROS Rostkowski, Margaret I. After the Dancing Days. New York: Harper & Row, 1986.
- A forbidden friendship with a badly disfigured soldier in the aftermath of World War I forces thirteen-year-old Annie to redefine the word "hero" and to question conventional ideas of patriotism.
- 616.85
SAL Salter, Charles A. Looking Good, Eating Right : A Sensible Guide to Proper Nutrition and Weight Control for Teens. Brookfield, CT: Millbrook Press, 1991.
- Useful information on eating disorders and eating habits of teenagers, the hazards of being overweight, how to lose weight, and importance of exercise.
- 362.29
LUK Scott, E. Steroids. Springfield, NJ: Enslow Publishers, Inc., 1994.
- Explores the physical, historical, and emotional effects of steroid use.
- 616.86
SNY Snyder, Anne. Kids and Drinking. Minneapolis: ComCare, 1977.
- Sarah, Kathy and Tommy tell how they became alcoholics while they were still in elementary school in order to educate kids in hope that others will make better choices than they did.

- FIC
SOU Southall, Ivan. Let the Balloon Go. New York: Bradbury Press, 1968.
- Handicapped by cerebral palsy and overprotected by his parents, a twelve-year-old, left alone for the first time, in a desperate need to exert his independence, does precisely what he has been forbidden to do.
- 362.7
STA Stark, Evan. Everything You Need to Know about Sexual Abuse. New York: Rosen Pub. Group, 1993.
- Identifies forms of sexual abuse and offers advice on how to get help and how to avoid such abuse.
- 615.8
STE Stewart, Gai. Alternative Healing: Opposing Viewpoints. San Diego, CA: Greenhaven Press, 1990.
- Examines the arguments for and against alternative healing methods, such as psychic and natural healing, self-healing, and faith healing.
- 155.9
S Strauss, Linda Leopold. Coping When a Parent has Cancer. New York: Rosen Pub. Group, 1988.
- Suggests how to deal with physical and psychological problems when a parent has cancer.
- 616.9
TAY Taylor, Barbara. Everything You Need to Know About AIDS. New York: Rosen Publishing Group, Inc., 1995.
- Discusses the AIDS disease, its discovery, causes, transmission, treatment, and how to protect oneself from contracting the disease.
- FIC
TAY Taylor, Theodore. The Cay. Garden City, NY: Doubleday, 1969.
- When the freighter on which they are traveling is torpedoed by a German submarine during World War II, a twelve-year-old white boy, blinded by a blow on the head, and an old black man are stranded on a small desert island in the Caribbean where the boy acquires a new kind of vision, courage, and love from his old companion.
- 158
THO Thomas, Alicia. Self-Esteem. New York: Rosen Pub. Group, 1991.
- Discusses the importance of self-esteem, how to attain it, and how to improve your life by strengthening your self-esteem.

- B
SALK Tomlinson, Michael. Jonas Salk. Vero Beach, FL: Rourke Publications, 1993.
- A biography of the scientist and humanitarian who discovered the vaccine for polio, a disease which crippled many people in the early part of the century.
- FIC
TRU Trueman, Terry. Stuck in Neutral. New York: HarperCollins, 2000.
- Fourteen-year-old Shawn McDaniel, who suffers from severe cerebral palsy and cannot function, relates his perceptions of his life, his family, and his condition, especially as he believes his father is planning to kill him.
- 154.6
TUL Tull, Mary Herd. Dreams: Mind Movies of the Night. Brookfield, CT: Millbrook Press, 2000.
- Examines, in a question-and-answer format, the scientific and cultural aspects of dreams, including such topics as the physiological reasons for dreams, the connection between dreams and religion, and the dream lives of animals.
- FIC
VOIGT Voigt, Cynthia. Izzy, Willy-Nilly. New York: Atheneum, 1986.
- A car accident causes fifteen-year-old Izzy to lose one leg and face the need to start building a new life as an amputee.
- FIC
WHITE White, Ruth. Memories of Summer. New York: Farrar Straus Giroux, 2000.
- In 1955, thirteen-year-old Lyric finds her whole life changing when her family moves from the hills of Virginia to a town in Michigan, and her older sister Summer begins descending into mental illness.
- FIC
WOL Wolff, Virginia Euwer. Probably Still Nick Swansen. New York: H. Holt, 1988.
- Sixteen-year-old learning-disabled Nick struggles to endure a life in which the other kids make fun of him, he has to take special classes, his date for the prom makes an excuse not to go with him, and he is haunted by the memory of his older sister who drowned while he was watching.
- FIC
WYM Wyman, Andrea. Red Sky at Morning. New York: Holiday House, 1991.
- In Indiana in 1909, Callie finds that she must grow up quickly during the terrible diphtheria epidemic, when death and other hardships leave her alone on the family farm with her ailing grandfather, Opa.

155.42
YEP

Yepsen, Roger B. Smarten Up! : How to Increase Your Brain Power. Boston, MA:
Little, Brown, 1990.

Tips for getting maximum power from your brain with food, exercise, and other external forces. Provides tests and experiments to determine how each of our individual minds works.