

# Best Bets

## 2020 List

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### Picture Books

**Callaghan, Jodie. The Train. Illustrated by Georgia Lesley. Second Story Press.**

On Ashley's walk home from school, she meets her Great-Uncle along the railroad track. He tells her a story of his childhood when he and his siblings were forced onto a train to take them away to residential school. Now he waits at the tracks to remember the past and hope for the present. This beautifully illustrated picture book brings to life experiences from the author's own family and is an important addition to the resources available for younger children on residential schools.

**Cox, Danielle Murrell. My Hair. HarperFestival.**

This book is bright and contains colourful pictures. It is a great celebration of natural hair. The author shows the different ways hair can be worn and that each way is beautiful. An adorable board book about accepting who we are including our hair.

**Doctorow, Cory. Poesy the Monster Slayer. Illustrated by Matt Rockefeller. First Second.**

With her trusty monster book in hand, and a headful of knowledge, Poesy is well equipped to fight all the ghouls, goblins and things that go bump in the night. Poesy knows what's coming to her bedroom when it gets dark, but she isn't afraid! Both funny and thrilling in it's writing and illustrations, Poesy the Monster Slayer is an affirming tale for those kids who enjoy adventure (and not sleep!).

**Heidbreder, Robert. Catch the Sky: Playful Poems on the Air we Share. Illustrated by Emily Dove. Greystone Kids.**

A lovely collection of short poems that can be read by yourself or out loud. Each poem flows from one element of nature to another. Accompanied by beautiful watercolour and ink illustrations this is a book to share and appreciate the world around us.

**Krampien, Celia. Sunny. Macmillan.**

Sunny, an optimistic young girl, starts out going to school on a rainy day with her big yellow umbrella. Until a big gust of wind comes along and takes Sunny on an adventure through the air and out to sea. All the while Sunny's optimism helps her make the best of her situation, even when she stops to have a cry. With the help of some friends she makes it back where she belongs. A fantastic debut, told in a gorgeous limited palette Sunny shows us that with a mix of optimism and relying on others our situations often improve.

**O'Connor, Heather. Fast Friends. Illustrated by Claudia Davila. Scholastic.**

Tyson loves to go fast. His classmates and teachers wish he would slow down. Suze, a new girl with special needs, joins the class and Tyson can tell that they will get along. Everyone thinks they know what Suze needs, but Tyson understands her. Taking the time to listen to what Suze is saying without words, Tyson and Suze form a special friendship and show the class that it is ok to move at your own speed. This is a story about what it means to understand others beyond their words, and the joy of connecting with someone who wants to ride along with you.

**Ramadan, Danny. Salma the Syrian Chef. Illustrated by Anna Bron. Annick Press.**

Salma and her mother live in Vancouver, while they wait for Salma's father to join them there. Salma starts worrying about her mother, who spends her days learning English and going to job interviews, because she doesn't smile anymore. To cheer her mother up, Salma with the help of her many friends from the Welcome Centre attempts to make *foul shami*, a traditional Syrian dish. Colourful illustrations and charming characters make this a heartwarming story that all kids will love.

**Scott, Jordan. I Talk Like a River. Illustrated by Sydney Smith. Holiday House.**

An own-voices story of a child who has "bad speech days" at school, and how his father supports him through the hurt and frustration. The author's experience shines through in the vivid portrayal of the child's anguish over his stutter, and the poetic prose highlights how his father helps him cope by re-framing the challenge for his son. The flowing prose is complemented by stunning, painterly artwork on every page. Resilience and love radiate from this book.

**Singh, Rina. Grandmother School. Illustrated by Ellen Rooney. Orca Book Publishers.**

Telling the true story of a school in Phangane, India, this book is just as fun as it is poignant. Flipping the usual school story on its head, this time it's the grandmothers going to school, and the young children helping them with their homework. Narrated by one of those children, we learn how the community has come together to support their elder matriarchs in learning to read and write – a chance they were never given as children. The illustrations are just as bright and hopeful as the text, full of fuchsia and bright yellow. This is a heartwarming book about education, gender, rights, and intergenerational relationships.

**Tamaki, Jillian. Our Little Kitchen. Groundwood Books.**

A community kitchen bustles with mealtime preparations, and when the doors open and a diverse group of hungry neighbours walk in, bodies and souls are nourished. In true community-building spirit, this picture book captures the magic that happens when individuals come together to talk, learn from each other, and participate. Recipes are included on the endpapers and are also perfect for savouring and sharing. A visual feast.

## **Honourable Mentions**

**Balasubramaniam, Saumiya. Two Drops of Brown in a Cloud of White. Illustrated by Eva Campbell. Groundwood Books.**

**Baldacchino, Christine. Violet Shrink. Illustrated by Carmen Mok. Groundwood Books.**

**Button, Lana. Raj's Rule (For the Bathroom at School). Illustrated by Hatem Ali. Owlkids.**

**Fitzpatrick, A.C. Margot and the Moon Landing. Illustrated by Erika Medina. Annick Press.**

**Pendziwol, Jean. I Found Hope in a Cherry Tree. Illustrated by Nathalie Dion. Groundwood Books.**

## Junior Fiction

**Ali, S.K. and Aisha Saeed. Once Upon An Eid. Amulet Books.**

A beautifully arranged collection of short stories focused on Muslim celebrations of Eid. Youth of varying ages and backgrounds talk about their new and traditional experiences during these sacred times of fasting and community togetherness. Each story blends the threads of family, community, struggle, and sometimes loss, captivating the reader from the very first page.

**Auxier, Jonathan. Willa the Wisp (The Fabled Stables Book #1). Illustrated by Olga Demidova. Amulet Books.**

At only eight years old, Auggie Pound leads a mysterious life as the caretaker of the unique and magical animals housed in the Fabled Stables. Although fascinating, Auggie's experience of the world has been limited to the stable and its grounds. One night, a strange noise draws him into the swamp beyond his home, where he must save a new creature in distress, Willa the Wisp. A fantastic beginner chapter book and introduction to the fantasy and mythology genres, the story is just as interesting as it is accessible for an early reader. The ethereal illustrations add to its appeal and readability.

**George, Kallie. Wings of Olympus: The Colt of the Clouds (#2). HarperCollins Canada.**

Pippa and Zephyr are living with her friend Baz's family after being banned from Mount Olympus. One evening Pippa finds a young winged horse that she must return to Mount Olympus no matter the risk. Pippa is joined by Hero, the not so heroic descendant of Hercules, and they must band together in order to succeed. When they reach Mount Olympus they find things in chaos and all the gods and winged horses missing. Can Pippa and Hero find the winged horses and stop the gods war and return the winged horse to his proper home? This is a heartwarming story about doing the right thing and making new friends.

**Gorez, Gillian. Shirley and Jamila Save Their Summer. Penguin Random House.**

Jamila Waheed is not going to have a good summer, she just moved to a new neighbourhood, her mom wants her to go to science camp, and she's not allowed to go to the basketball court down the street on her own. A chance

meeting with new neighbour Shirley Bones, kid detective changes all of that. Jamila may be able to save her summer and solve some crimes in the process, now if only she could solve the mystery of what it means to be a good friend. Gorez puts an unfamiliar twist on the familiar kid detective genre with beautiful illustrations, great characters and excellent comedy. The mystery in this graphic novel will have both middle graders and adults guessing at the ending.

**Kacer, Kathy. Louder Than Words. Annick Press.**

Just as the Second World War starts proving particularly dangerous for the Jewish communities of Europe, a young Jewish girl named Dina is struggling with the loss of her father. Needing to take care of her three daughters, Dina's mother goes back to work as a school teacher and hires Nina, a non-Jewish housekeeper who loves wearing colourful head-scarves to take care of the children and the house. When Nazi forces invade Ukraine, Nina risks everything to keep the family she came to love safe. This is a story of loss, bravery and family.

**Kadariusman, Michelle. Music for Tigers. Pajama Press.**

Louisa isn't too keen on the prospect of spending her summer in a remote Tasmanian rainforest camp with a veterinarian uncle she's never met. Instead of practicing the violin for an audition with the Toronto Youth Symphony, the middle grader encounters not only a spider the size of a hand, but also a tiger thought to be extinct. While reading her great-grandmother's journal, Louisa discovers her family's long history of conservation efforts to protect endangered species. She also comes to realize that their secret sanctuary for endangered animals, in operation for generations, is now under threat. Louisa's bonds to her family, music and the environment are thoughtfully explored in this multilayered story.

**King, Wesley. Sara and the Search for Normal. Simon & Schuster / Paula Wiseman Books.**

Sara's multiple diagnoses at a young age have defined the way she moves through her world: largely solitary, both in friendships and in school. Sara is obsessed with being normal, but a chance meeting with Erin, who has trichotillomania, pushes her to do all the things she didn't think were possible, like sleepovers and movies and gossiping, everything that would have usually paralyzed her. Though Sara and Erin couldn't be more opposite, in the end, they both prove to be each others' saviour.

**Labelle, Sophie. Ciel. Translated by David Homel. Second Story Press.**

Ciel, a gender non-conforming trans kid, is excited about starting at their new high school. Ciel's boyfriend has just moved back to Iceland and their relationship grows more distant each day. Ciel has always been able to rely on Sophie. But now Sophie wants to keep the fact that she is trans invisible and Ciel is finding it hard to stay connected with their best friend. When Ciel meets Liam, a new trans boy at school, things get even more complicated!

**Robertson, David A. The Barren Grounds (Book 1 of the Misewa Saga). Puffin Canada.**

Morgan and Eli, two Indigenous children taken away from their families and communities, are brought together in a foster home in Winnipeg. They each feel disconnected, from their culture and each other, and struggle to fit in, until they find a secret space in the attic. A portal opens to another world where they meet Ochek (Fisher) who is trying to save his starving community. They embark on a dangerous mission, to save Misewa before winter freezes everything and hope is lost. This story weaves traditional teachings with fantasy reminding us the importance of not taking more than we need. Fans of C.S Lewis' Narnia series will love this.

**Siegel, Alisa. My Name is Konisola. Second Story Press.**

When 9 year old Konisola's mother picks her up from school in Nigeria one day, she does not know how much her life is going to change. They arrive in Canada with just the clothes on their backs, but before they can apply to stay as refugees, Konisola's mother gets sick. Forced to fend for herself in a new country with no friends or family, Konisola is taken in by a Canadian nurse who helps her navigate a new country, new customs, and so much more. With her future remaining uncertain, Konisola wonders if her new life will be taken away if she and her mother are not allowed to stay. This novel, based on real events, shares one girl's refugee experience from the point of view of a child. A powerful story that introduces children to some of the experiences of being a refugee in Canada.

## **Honourable Mentions**

**Armstrong, Kelley. The Gryphon's Lair (#2). Puffin Canada.**

**Gravel, Elise. Arlo and Pips: King of the Birds. HarperAlley.**

**Jocelyn, Marthe. Aggie Morton, Mystery Queen: The Body Under the Piano. Illustrated by Isabelle Follath. Tundra Books.**

**Kyi, Tanya Lloyd. Me and Banksy. Puffin Canada.**

## Junior Non-Fiction

**Carmichael, Lindsey. The Boreal Forest: A Year in the World's Largest Land Biome. Illustrated by Josée Bisailon. Kids Can Press.**

Tour the boreal forest through the four seasons and through different countries to learn about this vast land biome. Beautiful illustrations and simple prose allows readers to discover this great forest and its connection to the whole planet. Informational bubbles offer additional explanations and readers will also be delighted to find a world map of the forest, glossary and a recommended reading list. This book is a great resource for those looking to learn more about the Earth and its ecosystems.

**Keating, Jess. Ocean Speaks: How Marie Tharp Revealed the Ocean's Biggest Secret. Illustrated by Kate Hickey. Tundra.**

Marie Tharp loved solving problems and pushing limits. Unable to be present on research ships Marie dove deep into the data eventually discovering a deep rift valley in the ocean floor which is the single largest geographic feature on the planet. Many people refused to believe her discovery because she was a woman but the science and data couldn't be denied. This imaginative and attractive picture book has beautiful detailed pictures that will draw in the determined and observant reader and the story reminds us of the power of perseverance.

**Leatherdale, Mary Beth. Terry Fox and Me. Illustrated by Milan Pavlovic. Tundra.**

Get to know Terry Fox through the eyes of his best friend, Doug. Before Terry Fox became a national hero, he was just a short kid that loved science and basketball. Join Doug as Terry grows, becomes a good basketball player and eventually gets sick when he's just in university. Doug is with Terry as he trains for the cross country marathon and is with him when he starts running. This is a story of friendship and hope, and through beautiful illustrations and lyrical text readers will get to know Terry Fox and what made him become a national hero.

**MacLeod, Elizabeth. Canadian Women Now and Then: More than 100 stories of Fearless Trailblazers. Illustrated by Maïa Faddoul. Kids Can Press.**

This timely and relevant collection of fascinating stories about groundbreaking Canadian women, present and past, offers an inspiring, one-of-a-kind look at Canadian history. There are more than 100 biographies from the famous to the less well-known. There are stories of activists and architects, engineers and explorers, poets and politicians and so many more. Each category pairs an historical groundbreaker with a present-day woman making her mark in that same field. Included are stories of Indigenous women, immigrants, women with disabilities and women from the LGBTQ+ community. This is a wonderful way to learn about Canada's history in a different way.

**MacLeod, Elizabeth. Meet Willie O'Ree. Illustrated by Mike Deas. Scholastic.**

Meet Willie O'Ree details the life of the National Hockey League's first black player, who also happens to be Canadian! O'Ree overcame racism and bigotry, but also a disability (he is blind in one eye), to play professional hockey. Meet Willie O'Ree is part of the popular Scholastic Canada biographies. Expect the same engaging illustrations, plus a timeline, photographs and details on where to find out more about his life. This book would make enjoyable companion reading for an adult taking in O'Ree's biography Willie.

**Napoles, Desmond. Be Amazing. Illustrated by Dylan Glynn. Farrar, Straus & Giroux.**

A celebratory and uplifting history of Pride, like you've never experienced. Written by drag-kid and social justice activist Desmond is Amazing, this book introduces LGBTQ advocates like Marsha P. Johnson and Sylvia Rivera in a way that is honest and accessible for young readers. It grounds Pride celebrations in their historical roots, giving depth to why we celebrate. This book is equal parts history tome, splashy colourful party, and glitter.

**Pheasant-Neganigwane, Karen. Powwow: A Celebration through Song and Dance. Orca Book Publishers.**

Perfect for individuals of all ages; this text includes a wide range of images and topics relating to the Indigenous song and dance tradition of the Powwow. The photographs display the rich sense of family and culture, beautiful beadwork and regalia, and stories of the drum circle. Highlighting prominent celebrations from communities all across Turtle Island, this book is

a must-have.

**Poliquin, Rachel. Eels: The Superpower Field Guide. Illustrated by Nicholas John Frith. Houghton Mifflin Harcourt.**

In this full-color Superpower Field Guide series we meet Olenka, an ordinary eel. But she is not really that ordinary. She may be slimy, wiggly, and the color of mud, but never, ever underestimate an eel. Olenka has some amazing superpowers such as double invisibility and shape-shifting, and the super secret Lair of the Abyss. In fact, Olenka's life is so impossibly extraordinary, it has baffled the smartest scientists in the world for thousands of years. Come on a journey and explore Olenka's out of the ordinary life and skills.

**Staunton, Ted and Will Staunton. It Seemed Like a Good Idea ... Canadian Feats, Facts and Flubs. Scholastic Canada.**

Trivia hounds will find a plethora of wild and wacky information in this book. Chapters cover uniquely Canadian topics including language ("The Etymology of How We Speak"), far-fetched food ("We Double-Dog Dare You To Eat This"), crazy crimes ("Um, No, You Can't Do That"), and so much more. The infectious energy in the zippy text and eye-popping graphic design makes this a compulsively readable, colossally clever compendium.

**Vermond, Kira. Trending: How and Why Stuff Gets Popular. Illustrated by Clayton Hanmer. Owlkids.**

Although trends might seem trivial, if you dig deeper, you'll find that our desire to chase the next big thing can have an even bigger impact than expected. The book explores what a fad is, how the latest crazes catch on, and what makes us jump on the bandwagon. Finally, it looks at the fascinating and even frightening effects of fads both modern and historic. Learn how you can think about where new trends come from and whether or not you are going to choose to follow one.

## Honourable Mentions

**Becker, Helaine. Emmy Noether: the Most Important Mathematician You've Never Heard Of. Illustrated by Kari Rust. Kids Can Press.**

**Evans, Keisha and N.B. Gonsalvez. Consent: Deal With It Before Boundaries Get Crossed. Illustrated by Jenny Chan. James Lorimer & Company.**

**Jude, Isabella. Bringing Back the Wolves: How a Predator Restored an Ecosystem. Illustrated by Kim Smith. Kids Can Press.**

**Laidlaw, Rob. The Dog Patrol: Our Canine Companions and the Kids Who Protect Them. Pajama Press.**

**Tekavec, Heather. Wanted! Criminals of the Animal Kingdom. Illustrated by Susan Batori. Kids Can Press.**

## Young Adult Fiction

**Anderson, M.T. The Daughters of Ys. Illustrated by Jo Rioux. First Second.**

The City of Ys was kept safe by Queen Malgven who used her magic to raise walls to keep it safe from the sea. After the death of the Queen her two daughters drift apart. The older daughter Rozenn, heir to the throne, prefers to spend time away from the city in the moors. The younger daughter Dahut takes after her mother practicing her magic and enjoying palace intrigue. When a promise is not kept the magic that has kept Ys safe may lead to its downfall. A beautifully illustrated graphic novel based on a Breton folktale, Anderson and Rioux allow an ancient legend to feel fresh and exciting in a modern format.

**Barker, Michelle. My Long List of Impossible Things. Annick Press.**

Katja's world is turned upside down when the Soviet army arrives in Germany at the end of World War II. Katja, her sister and mother flee their home only with the things they can carry. The dangerous journey takes a dark turn when Katja's mother is attacked by Russian soldiers. Katja struggles to remain true to herself and protect those she loves during the emotional and social upheaval of post-war Germany. How will Katja and her sister survive?

**Bhathena, Tanaz. Hunted By The Sky (Wrath of Umbar #1). Penguin Teen: PRH Canada Young Readers.**

Quintessential YA; another must-read for lovers of young adult fantasy. Set in the bustling city of Ambar Fort, *Hunted By the Sky* weaves together the lives of Cavas and Gul. Two headstrong youth living in the harsh world of magic, indentured servitude, and systemic violence. Tanaz Bhathena masters the fantastical realm and captures the vulnerability and innocence of first love.

**Hale, Taylor. The Summer I Drowned. Wattpad Books.**

Olivia Cathart is scared of water after almost drowning when she was young. Five years after the accident, Olivia is ready to return to the place where she almost drowned, rekindle her friendships with long lost friends and maybe fall in love with the boy that got away. But strange incidents in town make Olivia fear that somebody is out to get her. Is there a real threat to her life, or is Olivia's past making her imagine the worst?

**Lenoir, Axelle. Camp Spirit. Penguin Random House.**

It's the summer of 1994 and Elodie has been forced by her mother to take a job as a camp counselor deep in the woods of Quebec. The only problem being she doesn't know the first thing about nature, or sports, or kids. As Elodie goes through the summer she discovers new things, like she may actually be good with kids, and that she may like her fellow counselor Catherine as more than a friend, oh, and that the camp is most definitely haunted by a supernatural beast that is invading her dreams. Fast paced, irreverent, hilarious, and with a very cute budding queer romance. Perfect for anyone who loves comedy, romance and a dash of supernatural spooks.

**Philippe, Ben. Charming as a Verb. HarperCollins Canada.**

Henri "Halti" Haltiwanger is charming. He is a popular student at his prestigious New York school, the picture perfect first generation Haitian son, and a successful dog walker for his wealthy neighbours. But his easy smile and charming personality masks his burning ambition to attend his father's dream school, Columbia. When the only person immune to his charms, unapologetically "intense" classmate Corinne, uncovers his dog walking job is a less than honest business, she blackmails him into helping her become more well-liked. What starts as a mutually beneficial arrangement develops into something neither of them expected, and Halti begins to realize the only thing harder than being charming all the time is also scarier—being himself.

**Ryan, Tom. I Hope You're Listening. Albert Whitman & Co.**

Dee is known as the girl who wasn't taken. Ten years ago, she witnessed the abduction of her best friend, Sibby and hasn't been the same since. She deals with her guilt by becoming the Seeker, the mysterious voice behind the popular true crime podcast Radio Silent, which features missing persons

cases and works with online sleuths to solve them. Can she find out what happened to Sibby? Tune into this fast paced, LGBTQ compelling read with fantastic well developed characters that will have you guessing until the end.

**Saeed, Jamal and Sharon E. McKay. Yara's Spring. Annick Press.**

At a young age Yara has seen great upheaval. No longer able to live a carefree life, she experiences the reality of a brutal civil war playing out in Syria during Arab Spring. Yara, along with her family, hide inside as bombs are dropped, until one day, her parents are killed by an attack. Left with no other choice, Yara and what remains of her family, take a perilous journey that eventually sees them relocating to Canada. Yara's Spring is based on the author's own experiences as a refugee. The book is filled with courage, and triumph, while also acknowledging the trauma and guilt many face when fleeing their home country. Many kids may see themselves in Yara's experience, as she struggles to make a new home.

**Smith, Heather. Barry Squires, Full Tilt. Penguin Teen.**

Barry Squires is a Newfoundland teen with as many hopes and dreams as the number of heel clicks per second in a Riverdance show. He has no doubt that he's destined to join the Full Tilt Dancers lineup, the second-most popular entertainment attraction in his city (after the bagpiper Alfie Bragg and his Agony Bag). Barry's close-knit family, his geriatric pals at One Step Closer to God Nursing Home, and his best buddy Saibal, stand beside him on his rocky and difficult coming-of-age journey. The zingy narration is by turns funny and heartrending, making this a memorable show stopper of a novel.

**Younge-Ullman, Danielle. He Must Like You. Penguin Teen.**

Libby is fed up. Her brother ran away with his college money to Greece, her dad just informed her she must pay for college by herself and that she is getting evicted after graduation, and a hookup with a co-worker has left her confused and upset. When a handsy customer who is a known serial harasser pushes her over the edge, it is no wonder he ends up with a pitcher of sangria poured over her head. The problem? This customer is a local hero, and her mother's boss. Losing her job and being told she must apologize, Libby deals with her increasing anger over the guys who have screwed her over and a society that tells her "that's just how things are". This book explores issues of consent, trauma, the refusal to accept the status quo and the potential for things to be better.

## Honourable Mentions

**Light, Alex. The Upside of Falling. HarperCollins Canada.**

**Mac, Carrie. Wildfire. Knopf Books for Young Readers.**

## Young Adult Nonfiction

**Elliott, Zetta. Say Her Name. Illustrated by Loveis Wise. Little Brown & Company Books For Young Readers.**

*Say Her Name* is a collection of poems inspired by the #SayHerName campaign launched by the African American Policy Forum. Each poem is a passionate reaction to racialized injustice and police brutality. Readers are inspired to speak up and take action through creativity, awareness, and activism. Each of the forty-nine poems in this collection serve as an introduction to a powerful young poet with a powerful message.

**Mackendrick, Stephanie. In Good Hands: Remarkable Female Politicians from Around the World Who Showed Up, Spoke Out and Made Change. Kids Can Press.**

*In Good Hands* serves as a roadmap for any young feminist looking to make a difference in politics. This book is filled with the stories, strategies and challenges female politicians have had to face in order to run for office and make a difference. A starter-guide for future female politicians, Mackendrick inspires young women to meet the challenge of running for office. While Mackendrick shares with the reader experiences that have dedicated the political career of many women in history, she also shares with the reader strategies they could take if they ever chose to run for office themselves.

**Malle, Mirion. The League of Super Feminists. Drawn and Quarterly.**

Originally published in French, this graphic novel offers an introduction to feminism and media literacy including consent, intersectionality, privilege, body image, inclusivity. Malle aims to answer the questions young people have about feminism and feminist theory in an accessible manner. The illustrations are playful and colourful. While the subject matter is at times serious, Malle approaches these topics with a sense of humor.

**Rao, Anuradha. One Earth: People of Color Protecting Our Planet. Orca Book Publishers.**

*One Earth: People of Color Protecting Our Planet* highlights incredible BIPOC (Black, Indigenous, People of Colour) activists working hard to save the planet within their communities and beyond. Whether they adopted small reptiles as youngsters; planted vegetables to feed family and community members, or joined political marches, their journeys started off with a simple wish to do better for the planet. This book shows how every little bit helps.

**Siebert, Melanie. Heads Up: Changing Minds on Mental Health. Orca Book Publishers.**

*Heads Up* aims to illuminate the activists, scientists, psychologists and psychiatrists who have worked to break down the stigma of addressing mental health issues. This book includes a helpful guide to mental health diagnoses and treatments in a way that is compassionate while utilizing up-to-date scientific information. Siebert aims to destigmatize talking about mental health issues in a way that is conversational and accessible to a teenage audience.