

Book List by Topic

Anxiety

[Hey Warrior](#)

By Karen Young

[What To Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety](#)

By Dawn Huebner

[Wilma Jean the Worry Machine](#)

By Julia Cook

[Helping Your Anxious Child: A Step-by-Step Guide for Parents](#)

By Ronald Rapee, Ann Wignall D Psych, Susan Spence, Heidi Lyneham, and Vanessa Cobham

Books with Cancer

[Good Luck, Mrs. K!](#)

By Louise Borden

[Paper Chain](#)

By Claire Blake

[Alex and the Amazing Lemonade Stand](#)

By Liz Scott

[A Time Apart](#)

By Diane Stanley

Grief and Loss

[The Invisible String](#)

By Patrice Karst

[Always and Forever](#)

By Alan Durant

[Remembering Crystal](#)

By Sebastian Loth

[City Dog, Country Frog](#)

By Mo Willems

[The Sky Dreamer](#)

By Anne Morgan

[The Gift](#)

By Carol Ann Duffy

[The Memory String](#)

By Eve Bunting

[Lifetimes: The Beautiful Way to Explain Death to Children](#)

By Bryan Mellonie

[Farmer Fred's Cow](#)

By Margaret Wild & David Waller

Friendship Books

[The Judgmental Flower](#)

By Julia Cook

[Frog and Toad are Friends](#)

By Arnold Lobel

[Owen and Mzee: The True Story of a Remarkable Friendship](#)

By Craig Hatkoff

[Bink & Gollie](#)

By Kate DiCamillo

[My Friend Rabbit](#)

By Eric Rohmann

[The Sandwich Swap](#)

By Kelly DiPucchio

[Fish is Fish](#)

By Leo Lionni

[Amos & Boris](#)

By William Steig

[A Bad Case of Stripes](#)

By David Shannon

[Enemy Pie](#)

By Tara Munson Derek

Mindfulness/Personal Growth

[Lola's words disappeared and came back!](#)

By Elaheh Bos

[Breathe, Chill: A handy book of games and techniques introducing breathing, meditation and relaxation to kids and teens](#)

By Lisa Roberts

[Mindful Monkey, Happy Panda](#)

By Lauren Alderfer

[Master of Mindfulness: How to be your own superhero in times of stress](#)

By Laurie Grossman, Angelina Alvarez, and Mr. Musumeci's 5th Grade Class

[Listening with my Heart](#)

By Gabi Garcia

[Listening to my Body](#)

By Gabi Garcia

[What does it Mean to be Present?](#)

By Rana DiOrio

[Making a Splash](#)

By Carol E. Reiley