

TOUGH TIMES

When we're facing tough times, it can help to read a book about someone dealing with difficult times too. It can make us feel less alone, provide insight and inspiration. Books like this can also support the family and friends of people dealing with tough issues and help us to understand what they're going through.

This list features a selection of fiction and autobiographies dealing with some of life's challenges.

True stories

- The Reason I Jump by Naoki Higashida (autism)
- All of Me by Kim Noble (dissociative identity disorder)
- Thin by Grace Bowman (eating disorder)
- Born on a Blue Day by Daniel Tammet (Asperger's)
- An Angel at my Table by Janet Frame (mental health)
- Running with Scissors by Augusten Burroughs (chaotic childhood)
- An Unquiet Mind by Kay Redfield Jamison (bipolar disorder)
- A Beautiful Mind by Sylvia Nasar (schizophrenia)
- Sectioned – a Life Interrupted by John O'Donoghue (bipolar disorder)
- The Devil Within by Stephanie Merritt (depression)
- A Million Little Pieces by James Frey (drug & alcohol abuse)
- Shoot the Damn Dog by Sally Brampton (depression)
- Sane New World by Ruby Wax (stress, anxiety & depression)
- Girl, Interrupted by Susanna Kaysen (depression)

Fiction

- The Rosie Project by Graeme Simsion (Asperger's)
- Belzhar by Meg Wolitzer (bereavement)
- Go to Sleep by Helen Walsh (sleeplessness, coping with a new baby)
- The Language of Flowers by Vanessa Diffenbaugh (emotional issues)
- The Bell Jar by Sylvia Plath (mental health)
- Fight Club by Chuck Palahniuk (anger)
- The Curious Incident of the Dog in the Nighttime by Mark Haddon (Asperger's)
- My Name is by Alastair Campbell (alcohol abuse)
- All in the Mind by Alastair Campbell (mental health)
- The Wilderness by Samantha Harvey (Alzheimer's)
- Silver Linings Playbook by Matthew Quick (depression)
- The Other Side of You by Salley Vickers (trauma)
- Perks of Being a Wallflower by Stephen Chbosky (social anxiety)
- One Flew Over the Cuckoo's Nest by Ken Kesey (mental health)
- Grace Williams Says it Loud by Emma Henderson (mental health)
- Poppy Shakespeare by Clare Allan (mental health)
- Shock of the Fall by Nathan Filer (mental health)
- The More you Ignore Me by Jo Brand (mental health)
- The Quickening Maze by Adam Foulds (depression, alcoholism)
- Perfect by Rachel Joyce (Asperger's)
- Her by Felicia Johnson (borderline personality disorder)
- This is the Life by Alex Shearer (alienation)
- Leaving the World by Douglas Kennedy (isolation)
- Us by David Nicholls (marriage breakdown)
- Me Before You by Jojo Moyes (emotional issues)
- Before I go to Sleep by SJ Watson (memory loss)

This is just a selection. We can always try to find something else to suit you – just ask.