Self Care Books for Young Adults

Yoga Exercises for Teens by Helen Purperhart

Channel Kindness: Stories of Kindness and Community by Lady Gaga

Anxiety Relief for Teens by Regine Galanti PhD

This Moment is Your Life (and So Is This One): A Fun and Easy Guide to Mindfulness, Meditation, and Yoga by Mariam Gates

The Green Teen Cookbook: Recipes for All Seasons edited by Laurane Marchive & Pam McElroy.


The Self-Love Revolution: Radical Body Positivity for Girls of Color by Virgie Tovar

Body Talk: 37 Voices Explore Our Radical Anatomy edited by Kelly Jensen.

(Don’t) Call Me Crazy: 33 Voices Start the Conversation About Mental Health edited by Kelly Jensen

Mastering Adulthood: Go Beyond Adulting to Become an Emotional Grown-Up by Lara Fielding