

**READING
WELL**

MOOD BOOSTING BOOKS



MACMILLAN CANCER SUPPORT READERS' LIST

Reading Well Mood-boosting Books is a national promotion of uplifting titles, including novels, poetry and non-fiction.

People who have been diagnosed with cancer have recommended these books. Most of the books are not specifically about cancer but have been recommended as books that people found mood-boosting during or after treatment.

Why not try one?

Adrian Mole: The Prostrate Years
Sue Townsend

Aphrodite's Hat
Salley Vickers

Being Alive
Edited by Neil Astley

The Best Exotic Marigold Hotel
Deborah Moggach

The Camomile Lawn
Mary Wesley

Chocolat
Joanne Harris

Driving Over Lemons
Chris Stewart

Eat, Pray, Love
Elizabeth Gilbert

Hector Finds Time
Francois Lelord

Jamie's Ministry of Food
Jamie Oliver

Julie & Julia
Julie Powell

The Last Runaway
Tracy Chevalier

My Boy Butch
Jenni Murray

Of Mutability
Jo Shapcott

Restless
William Boyd

Starter for Ten
David Nicholls

This Book Will Save Your Life
A.M. Homes

Travels with My Aunt
Graham Greene

The Unlikely Pilgrimage of Harold Fry
Rachel Joyce