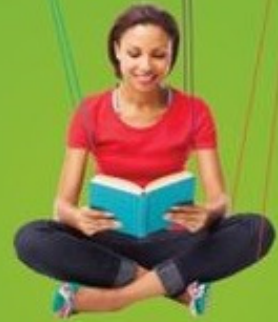


**READING  
WELL**

# MOOD BOOSTING BOOKS



## RECOMMENDED BY OLDER READERS

Older people in Reading Groups chose the following mood-boosting books.

**Why not try one?**

**The Alchemist**

Paulo Coelho

**Call the Midwife**

Jennifer Worth

**Penguin's Poems for Life**

Selected by Laura Barber

**Reading in Bed**

Sue Gee

**Remarkable Creatures**

Tracy Chevalier

**About Love and Other Stories**

Anton Chekhov

**A Short History of Tractors in Ukrainian**

Marina Lewycka

**Somewhere Towards the End**

Diana Athill

**A Spot of Bother**

Mark Haddon

**Attention All Shipping: A Journey Round the Shipping Forecast**

Charlie Connelly