

MOOD BOOSTING BOOKS



RECOMMENDED BY READERS

Readers around the country have recommended these mood-boosting books.

Why not try one?

Bee Journal
Sean Borodale

Dart
Alice Oswald

The Enchanted April
Elizabeth von Arnim

**Essential Poems from the Staying
Alive Trilogy**
Edited by Neil Astley

The Help
Kathryn Stockett

I Capture the Castle
Dodie Smith

Miss Garnet's Angel
Salley Vickers

**The Guernsey Literary and Potato
Peel Pie Society**
Mary Ann Shaffer and Annie Barrows

Miss Pettigrew Lives for a Day
Winifred Watson

A Month in the Country
J.L. Carr

A Sea Change
Veronica Henry

Soul Music
Terry Pratchett

**The Secret Diary of Adrian Mole
Aged 13¾**
Sue Townsend

A Street Cat Named Bob
James Bowen

The Thread
Victoria Hislop

Thursdays in the Park
Hilary Boyd

**The Unlikely Pilgrimage
of Harold Fry**
Rachel Joyce

Various Pets Alive and Dead
Marina Lewycka