

SPSA Student Resource Library - Saskatoon

Planned and Unplanned Pregnancy Book Titles

- Accidentally On Purpose: The True Tale of a Happy Single Mother
- Dreams to Reality: Help for Young Moms: Education, Career, and Life Choices
- Dude, You're Gonna Be a Dad!: How to Get (Both of You) Through the Next 9 Months
- Mayo Clinic Guide to a Healthy Pregnancy: From Doctors Who Are Parents, Too!
- Surprise Child: Finding Hope in Unexpected Pregnancy
- Surprise Motherhood: A Guide to Unexpected Adult Pregnancy
- You Look Too Young To Be A Mom

LGBTQ and Coming Out Book Titles

- Becoming Gay: The Journey to Self-Acceptance
- Becoming Two-Spirit
- Born This Way: Real Stories of Growing Up Gay
- Coming Out of Shame: Transforming Gay and Lesbian Lives
- Gender Outlaw
- Is It A Choice? - 3rd Edition: Answers to the Most Frequently Asked Questions About Gay and Lesbian People
- It Gets Better: Coming Out, Overcoming Bullying, and Creating a Life Worth Living
- Mom, Dad, I'm Gay: How Families Negotiate Coming Out
- Outing Yourself
- Parrotfish
- Please Stop Laughing at Me
- The Way Out: The Gay Man's Guide to Freedom No Matter if You're in Denial, Closeted, Half In, Half Out, Just Out or Been Around the Block
- TransForming gender
- Transgender 101: A Simple Guide to a Complex Issue
- Transgender Warriors
- When I knew
- Why Be Happy When You Could Be Normal?

Abuse (physical, emotional, sexual and substance)

- A Million Little Pieces
- Addicted: Notes from the Belly of the Beast
- After Silence: Rape & My Journey Back
- Family Violence: Legal, Medical, and Social Perspectives
- From Binge to Blackout: A Mother and Son Struggle With Teen Drinking
- In the Realm of Hungry Ghosts: Close Encounters with Addiction
- Invisible Girls: The Truth About Sexual Abuse

- Smashed: Story of a Drunken Girlhood
- Telling
- The Emotionally Abusive Relationship: How to Stop Being Abused and How to Stop Abusing

Stress and Anxiety Management

- 50 Things You Can Do Today To Manage Stress
- College of the Overwhelmed: The Campus Mental Health Crisis and What to Do About It
- Darkness Visible: A Memoir of Madness
- David's Inferno: My Journey Through the Dark Wood of Depression
- Don't Panic Third Edition: Taking Control of Anxiety Attacks
- Monkey Mind: A Memoir of Anxiety
- Ten Best Ever Anxiety Management Techniques
- The Noonday Demon: An Atlas of Depression