

SPSA Student Resource Library – Prince Albert

Planned and Unplanned Pregnancy Book Titles

- 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 Motherhood: A Guide to Unexpected Adult Pregnancy

LGBTQ and Coming Out Book Titles

- Becoming Gay: The Journey to Self-Acceptance
- Born This Way: Real Stories of Growing Up Gay
- It Gets Better: Coming Out, Overcoming Bullying, and Creating a Life Worth Living

Abuse (physical, emotional, sexual and substance)

- A Million Little Pieces
- In the Realm of Hungry Ghosts: Close Encounters with Addiction
- Telling
- The Emotionally Abusive Relationship: How to Stop Being Abused and How to Stop Abusing

Stress and Anxiety Management

- College of the Overwhelmed: The Campus Mental Health Crisis and What to Do About It
- Darkness Visible: A memoir of Madness
- Monkey Mind: A Memoir of Anxiety
- Ten Best Ever Anxiety Management Techniques