



# When Life Gets Rough

Teen books that deal with tough topics



Anderson, Laurie Halse

***Wintergirls*** (2009)

Lia comes to terms with her best friend's death from anorexia as she struggles with the same disorder.

Asher, Jay

***Thirteen Reasons Why*** (2007)

Clay receives cassette tapes in the mail recorded by his classmate Hannah, who committed suicide, and hears her recount the events that led to her death.

Atkins, Catherine

***When Jeff Comes Home*** (1999)

Kidnapped for over two years, Jeff struggles to reunite with his family and come to terms with the twisted loyalty he feels toward his kidnapper.

Avashti, Swati

***Split*** (2010)

A teen is thrown out of his house by his abusive father and goes to live with his older brother, who ran away years ago to escape the abuse.

Bell, Julia

***Dirty Work*** (2008)

Two teenaged girls with little in common must work together if they are going to escape their captors after being abducted into a prostitution ring.

Blount, Patty

***Send*** (2012)

Dan wants to be invisible at his new school, but he breaks up a fight on the first day. He knows what it's like to be terrorized by a bully because he used to be one.

Brown, Jennifer

***Hate List*** (2009)

Valerie, whose boyfriend committed a school shooting their junior year, struggles to cope with high school life, unsure whether she was a hero or a villain.

Cassidy, Anne

***Looking for JJ*** (2007)

Released after serving six years for murdering a child, 17 year old Alice tries to keep her anonymity and struggles as memories of killing her best friend haunt her.

Christopher, Lucy

***Stolen*** (2010)

Gemma is abducted while on vacation, and soon learns that escape attempts are futile and that her captor is not as despicable as she first believed.

Crutcher, Chris

***Staying Fat For Sarah Byrnes*** (1993)

Sarah and Eric have both been outcasts at school and have stuck together through the years, but now he needs to uncover her terrible secret before it's too late.

Dessen, Sarah

***Dreamland*** (2000)

After her sister runs away, Caitlin begins a relationship with a boy who is mysterious, brilliant, and abusive.

Hoban, Julia

***Willow*** (2009)

Willow, who was driving the car that killed her parents, copes with the pain and guilt by cutting herself, until she meets a boy who is determined to help her stop.

Hopkins, Ellen

***Impulse*** (2007)

Three teens who meet in a mental hospital after each has attempted suicide connect with each other in a way they never have with anyone else in their lives.

Konigsburg, E. L.

***Silent to the Bone*** (2000)

Branwell stops speaking after being wrongly accused of gravely injuring his baby half-sister, and only his friend Connor is able to reach him and uncover the truth.

LaCour, Nina	<b><i>Hold still</i></b> (2009) Ingrid didn't leave a note. Three months after her best friend's suicide, Caitlin finds what she left instead: a journal hidden under Caitlin's bed.
Luedeke, Lisa	<b><i>Smashed</i></b> (2012) Katie is set to win a field hockey scholarship until her life is derailed by drinking, a car accident, and an angry classmate.
Marcus, Kimberly	<b><i>Exposed</i></b> (2011) High school senior Liz, a gifted photographer, can no longer see things clearly after her best friend accuses Liz's older brother of a terrible crime.
McCormick, Patricia	<b><i>Sold</i></b> (2006) Lakshmi, 13, goes to Calcutta thinking she has been hired as a maid to help her starving family, but instead has been sold into prostitution.
Myers, Walter Dean	<b><i>Monster</i></b> (1999) While on trial as a murder accomplice, Steve records his experiences in the form of a film script as he tries to come to terms with the course his life has taken.
Peters, Julie Anne	<b><i>By the Time You Read This, I'll Be Dead</i></b> (2010) Daelyn has been bullied throughout her school career, and plans to make another suicide attempt in spite of an unusual boy who tries to draw her out.
Reed, Amy Lynn	<b><i>Clean</i></b> (2011) A group of teens in a rehabilitation center form an unlikely friendship as they focus less on their own drug and alcohol problems and reach out to help a new member.
Reinfeld, C. A.	<b><i>Scars</i></b> (2010) Kendra has not felt safe since remembering a childhood sexual abuse, especially since she cannot remember her abuser's identity, so she copes by cutting herself.
Schroeder, Lisa	<b><i>Falling For You</i></b> (2013) Friends and poetry notebooks give Rae the strength to face her mother's neglect, her stepfather's abuse, and her boyfriend's obsessiveness.
Scott, Elizabeth	<b><i>Living Dead Girl</i></b> (2008) After five years of horrifying abuse after being abducted, Alice's body is becoming too mature—and she knows her kidnapper will kill her soon.
Strasser, Todd	<b><i>Give a Boy a Gun</i></b> (2000) Events leading up to a night of terror at a high school dance are told from the point of view of various people involved.
Summers, Courtney	<b><i>Some Girls Are</i></b> (2009) Regina becomes the object of the same sort of vicious bullying that she used to inflict on others, until she finds solace with one of her former victims.
Werlin, Nancy	<b><i>The Rules of Survival</i></b> (2006) Matt and his sisters live with an unpredictable, psychotic mother whose volatile ups and downs subject them to viscous treatment.
Williams, Carol Lynch	<b><i>Glimpse</i></b> (2010) Two sisters take care of each other and when the older one attempts suicide, the younger one tries to uncover the reason.
Woodson, Jacqueline	<b><i>Beneath a Meth Moon</i></b> (2012) Laurel uses crystal meth to escape the pain of losing her mother and grandmother in Hurricane Katrina, and then struggles to get over her addiction.