

Living with disabilities

The Library has a growing collection of books for improving staff well-being. The following books on living with disabilities are available to borrow from the Library.

A life worth living by Tommy Jessop (2023)

Disability and me by Casey Tyler (2023)

Hands: an anxious mind unpicked by Lauren Brown (2022)

Driving forwards by Sarah Morgan (2022)

Drama Queen by Sara Gibbs (2022)

Sitting Pretty: The View from My Ordinary Resilient Disabled Body by Rebecca Taussig (2021)

No such thing as normal: what my mental illness has taught me about mental wellness by Bryony Gordon (2021)

A tattoo on my brain: a neurologist's personal battle against Alzheimer's disease by Daniel Gibbs (2021)

Anxious man: notes on a life lived nervously by J. Roberts (2020)

Open: why asking for help can save your life by Frankie Bridge (2020)

Disability visibility : first-person stories from the twenty-first century by Alice Wong (2020)

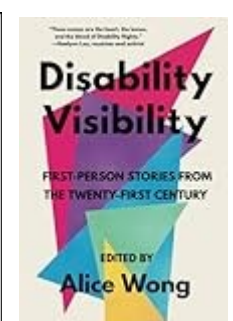
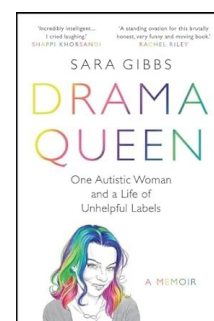
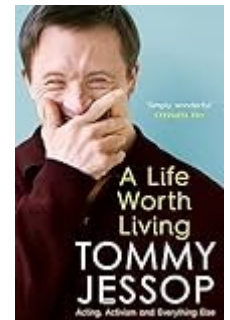
Being Heumann: an unrepentant memoir of a disability rights activist by Judith Heumann (2020)

Somebody I used to know by Wendy Mitchell (2019)

One tiny fault by Abigail Halstead (2019)

The little big things by Henry Fraser (2018)

Boys don't cry why I hid my depression and why men need to talk about their mental health by Tim Grayburn (2018)



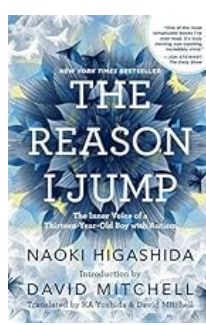
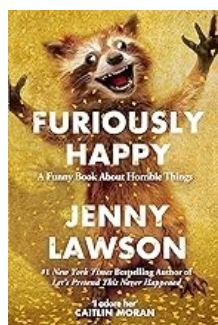
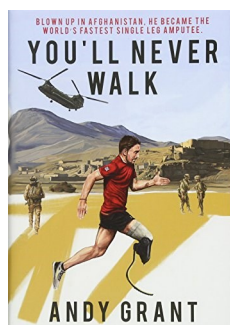
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You'll never walk by Andy Grant (2018)

Odd girl out by Laura James (2017)

Furiously happy: a funny book about horrible things by Jenny Lawson (2015)

The reason I jump: one boy's voice from the silence of autism by Naoki Higashida (2014)



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see collection on our catalogue

