

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.

Living with hearing loss and deafness by Samantha Baines (2023)

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)

Private parts: how to really live with endometriosis by Eleonor Thom (2020)

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

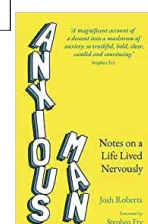
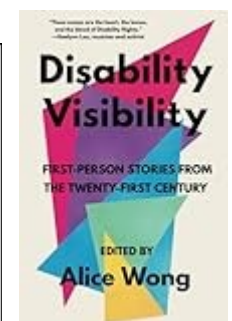
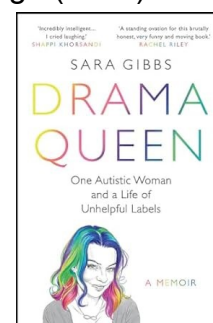
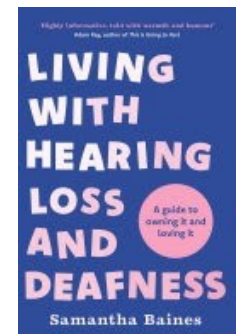
Disability visibility : first-person stories from the twenty-first century by Alice Wong (2020)

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)



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

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)

