Disabilities

This list deals with both mental and physical disabilities, as well as chronic illnesses that can impact a person's life. The books listed offer a range of views and include main characters, side characters, and/or stories related to these topics. Non-fiction titles on these topics are included at the end.

Mental disabilities:

- Flowers for Algernon – Y KEY
- Fade to us – Y DAY
- The silent boy – Y LOW
- Differently normal – Y ROB
- On the spectrum – Y GOL
- All the noise at once – Y DAV
- Hollow – Y GRO
- The fire, the water, and Maudie McGinn – Y PLA
- Things I should have known – Y LAZ
- Kids like us – Y REY
- The love letters of Abelard and Lily – Y CRE
- Tilly in technicolor – Y EDD
- Rules for camouflage – Y CRO
- The spirit bares its teeth – Y WHI
- The curious incident of the dog in the night-time – FIC HAD (adult section)
- The odds of loving Grover Cleveland – Y CRA
- Running on Empty – J DUR (children's section)
- Sensory: life on the spectrum: an autistic comics anthology – Y SEN (graphic novel)
- My brain is different : stories of ADHD and other developmental disorders – Y MY BRAIN (graphic novel)

Physical Disabilities:

This section will also contain books on chronic conditions/illnesses that may not directly be physical disabilities, but can cause or be caused by them (ex: diabetes, seizures, terminal illnesses, asthma, etc.)

- A Quiet Kind of Thunder – Y BAR
- Freak the Mighty – Y PHI
- Not if I see you first – Y LIN
- Where you see yourself – Y FOR

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- Give me a sign – Y SOR
- How we roll – Y FRI
- Breathe and count back from ten – Y SYL
- Because you'll never meet me – Y THO
- Sick kids in love – Y MOS
- The bionic boy – J PLO (children's section)
- The first thing about you – Y HAY
- Conditions of a heart – Y MAN
- Never seen the stars – Y KOR
- Five feet apart – Y LIP
- Sunrise nights – Y ZEN
- 100 days – Y MCI
- Thirty to sixty days – Y WOO
- Every stolen breath – Y GAB
- The fault in our stars – Y GRE
- The summer I found you – Y PER
- True biz – FIC NOV (adult section)
- The silence between us – Y GER
- I have no secrets – Y JOE
- Hawking – Y OTT (graphic novel)
- A perfect world (series) – Y ARU (graphic novel)
- A sign of affection (series) – Y (graphic novel)
- Last pick – J WAL (children's graphic novel)

Non-fiction:

- Teens talk about learning disabilities and differences – Y 371.9 TEE
- Laughing at my nightmare – Y 617.482 BUR
- The disordered mind : what unusual brains tell us about ourselves – 616.89 KAN (adult section)
- We should hang out sometime: embarrassingly, a true story – YB SUNDQUIST, J.
- The autoimmune brain : a five-step plan for treating chronic pain, depression, anxiety, fatigue, and attention disorders – 616.079 YOU (adult section)
- Disability visibility : first-person stories from the Twenty-first century – 305.9 DIS (adult section)
- It's not a perfect world, but I'll take it : 50 life lessons for teens like me who are kind of (you know) autistic – Y 616.8588 ROS
- Incurable optimist: living with illness and chronic hope – 616.61 CRA (adult section)
- The disability experience : working toward belonging – Y 362.4 LEA
- We're not broken : changing the autism conversation – 616.89 GAR (adult section)
- Beyond ADHD : overcoming the label and thriving – 618.9285 EMM (adult section)
- Neurodivergence skills workbook for teens DBT tools to help you deal with sensory sensitivity, manage emotional overwhelm & thrive – Y 616.891 THE