

# A Library Guide to Tough Topics

Librarians want to help you find the information you need. We won't judge you, and we will always keep your questions (and the books you check out) private.



There are a few suggestions on the other side of this guide, but please ask at the desk or send an email to [librarian@trumansburglibrary.org](mailto:librarian@trumansburglibrary.org) if you'd like more assistance.

<b>SUBJECT</b>	<b>CALL NUMBER AREAS TO CHECK (here and at other libraries, like Ithaca)</b>
<b>Relationships</b>	<b>155-158, 306, 646, 810</b>
<b>Body Image</b>	<b>155, 305, 612-616</b>
<b>Health &amp; Hygiene</b>	<b>610, 613, 616, 646</b>
<b>Suicide, Self-Harm, &amp; Addictions</b>	<b>362, 616</b>
<b>Stress, Depression, &amp; Anxiety</b>	<b>155, 302, 616-618, 649</b>
<b>Death &amp; Grief</b>	<b>155</b>
<b>LGBTQ+</b>	<b>306, 323, 342</b>
<b>Sex</b>	<b>306, 613</b>
<b>Pregnancy</b>	<b>306, 618,</b>
<b>Rape &amp; Sexual Assault</b>	<b>158, 362, 364</b>
<b>Debt</b>	<b>332</b>
<b>Divorce</b>	<b>306</b>

## **Smart But Stuck: emotions in teens and adults with ADHD**

**616.85 Brown**

Drawing on the latest research findings, the book describes strategies and treatments for getting "unstuck" to move on to a more rewarding and productive life.

## **The Deepest Well: healing the long-term effects of childhood adversity**

**618.92 Burke Harris**

Explores the relationship between childhood stress and adult health problems, drawing on scientific insights and personal stories to outline beneficial health interventions.

## **Clean: Overcoming Addiction and Ending America's Greatest Tragedy**

**362.29 Sheff**

Combines personal stories and experiences with cutting edge research to describe a new way of treating substance addiction as well as accompanying mental illnesses.

## **You Need a Budget: A proven guide**

**332 Mecham**

This book counsels readers on how to prioritize financial goals, reduce stress through strategic cash flow allocations and meet the challenges of unplanned expenses.

## **For Better: the science of a good marriage**

**646.7 Parker**

This book provides practical advice for determining what matters most in a relationship and where to focus your energy to make it better.

## **The Good Divorce: how to walk away financially sound and emotionally happy**

**306.89 Felder**

Covers each phase of divorce, from knowing when to divorce to choosing a lawyer, and shares tips and guidance on divorce negotiations, learning how to compromise, and finding emotional closure.