A sympathetic, practical, positive look at stress. Clearly explains a range of strategies to deal with it. A list of useful resources helps you to take control of your mental health.

Alaska, 1970: growing up here is like nowhere else. Four very different lives are about to become entangled. Because if we don't save each other, how can we begin to save ourselves?

Daisy thinks she knows all about love. Her dad sends her to live in England with her cousins. There she'll discover what real love is and her world will be turned upside down. How will Daisy live then?

Hailsham seems like a pleasant English boarding school. But why is there is no contact with the outside world? Only when Kathy, Ruth and Tommy leave is the full truth about Halisham revealed.

Charlie is shy, intelligent and socially awkward. He can't stay on the sidelines forever. Standing on the fringes of life offers a unique perspective. But there comes a time to see what it looks like from the dance floor.

Coleridge Top 10 Year 11

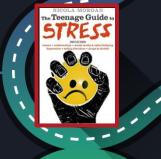
Harri's life changes forever when one of his friends is murdered. Harri decides to act, but his decision breaks the fragile web his mother has spun around her family to keep them safe.

A shy woman falls in love with a handsome widower and marries him. But when they arrive at his home, he changes. And the memory of his dead wife Rebecca is kept alive by his forbidding housekeeper, Mrs Danvers...

Michael waits in the stage wings, wearing a pink wig, pink fluffy coat and black heels. He has been on a journey of bravery to get here, and he is ready to show himself to the world in bold colours ...

As a Black woman Maya Angelou has known discrimination, violence and extreme poverty, but also hope, joy, achievement and celebration.

Cassandra Mortmain lives with her poor bohemian family in a castle. Her journal records her life with her family and her father who has writer's block. Their lives are altered when the American heirs to the castle arrive.













Rlack Flamings

