The Lido - Libby Page

Rosemary has lived in Brixton all her life, but everything is changing. Only the local lido, where she swims every day, remains a constant reminder of the past and her beloved husband. Kate has just moved and feels adrift in a big city. When the lido is threatened with closure, together they make a stand to prove that the pool is more than just a place to swim - it is the heart of the community. The Lido is an uplifting novel about friendship, community, and how ordinary people can protect the things they love.

The Keeper of Lost Things - Ruth Hogan

Once a celebrated author of short stories, Anthony Peardew has spent half his life collecting lost objects, trying to atone for a promise broken many years before. Realising he is running out of time, he leaves his house and all its lost treasures to his assistant, the one person he can trust to fulfil his legacy and reunite the thousands of objects with their rightful owners. But the final wishes of the 'Keeper of Lost Things' have unforeseen repercussions which trigger a most serendipitous series of encounters...

Eleanor Oliphant is Completely Fine - Gail Honeyman

Eleanor leads a simple life. She wears the same clothes to work every day, eats the same meal every day and buys two bottles of vodka every weekend. An act of kindness is about to shatter the walls Eleanor has built around herself. She must learn how to navigate the world that others take for granted – while searching for the courage to face the dark corners she's avoided all her life. Change can be good. Change can be bad. But surely any change is better than... fine?

Carrying Albert Home - Homer Hickam

With an alligator on the back seat and Steinbeck as a passenger. A tale where everything is true, except the made up bits. In 1930s America, Elsie found herself back where she began, in the coalfields of Virginia. Her one memento is Albert, a baby alligator. Having to choose between her husband and Albert, she decides to carry Albert home to Florida. So begins their journey, meeting film stars and revolutionaries, Hemingway and hurricanes in their struggle to find love, redemption, and a place to call home.



Mood Boosting books

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The Guest Cat - Takashi Hiraide

A couple live in a cottage in Tokyo and no longer have much to say to one another. One day a cat invites itself into their home. She leaves, but visits the next day, then again and again. New, small joys accompany the cat; the days have more light and colour. Life seems to have more promise; they go walking together, talk and share stories of the cat. But then something happens that will change everything again. An exceptionally moving and beautiful novel about the nature of life and the way it feels to live it.

The Reader on the 6.27 - Jean-Paul Didierlaurent

Guylain lives on the edge of existence. Working at a book pulping factory in a job he hates, he has but one pleasure in life... Sitting on the 6.27 train each day reciting aloud from pages he has saved from the pulping machine. When he discovers the diary of a lonely young woman, who feels as lost in the world as he does - his journey truly begins.

Dear Mrs Bird – AJ Pearce

London, 1941. Emmy dreams of becoming a War Correspondent and spots a job advert – but after a misunderstanding, she finds herself typing letters for the formidable Mrs Bird, the agony aunt of Woman's Friend magazine. Mrs Bird is very clear: letters containing any form of unpleasantness must go into the bin. But as Emmy reads the desperate pleas of women, she decides to secretly write back. Funny and enormously moving, Dear Mrs Bird is a love letter to friendship, kindness and the courage of ordinary people.

Notes on a Nervous Planet - Matt Haig

A fast, nervous planet is creating fast and nervous lives. We are more connected, yet feel more alone. We are encouraged to worry about everything from politics to our BMI. How do we stay human in a technological world? After years of anxiety and panic attacks Haig began to look for the link between what he felt and the world around him. A personal look at how to feel happy, human and whole in the 21st century.

Tiny Beautiful Things - Cheryl Strayed

Life can be hard sometimes, and a little advice is needed, so thousands turned to internet Agony Aunt Cheryl Strayed. Her advice was spun from genuine compassion and personal experience - experience that was sometimes tender, often hilarious and often heart-breaking. Cheryl answered the letters of the frightened, the anxious, the confused; and with each gemlike correspondence - of which the best are in this volume - she proved to be the perfect guide for those who had got a little lost in life.

Crazy Rich Asians - Kevin Kwan

A hilarious novel about rich, pedigreed Chinese families and the scheming that occurs when the heir to a fortune brings home his American-born Chinese girlfriend. When Rachel Chu travels to Singapore with her boyfriend she envisions a humble family home, long drives, and quality time with Nick. What she doesn't know is that Nick's home looks like a palace, she'll ride in more private planes than cars, and with one of Asia's most eligible bachelors on her arm, Rachel might as well have a target on her back...

Six Foot Six - Kit De Waal

It's Timothy Flowers 21st birthday. When he walks to his usual street corner to see his favourite bus, he meets Charlie who is a builder and needs his help because Timothy is very tall. Timothy has never had a job that he's kept for more than a day. But when he and Charlie have to collect money from a local thug, things don't go to plan. Over the course of one day, Timothy's life will change for ever.

Why Mummy Drinks – Gill Sims

It is Mummy's 39th birthday. She is staring at a future of people asking if she wants to join their yoga class and polite book clubs. But Mummy does not want to go quietly into the world of women who try to trump each other with their offspring's achievements and boast about their holidays. Instead, she clutches a large glass of wine, then remembers the gem of an idea she's had.

Hyperbole and a Half – Allie Brosh

A collection of funny, wise stories about the mishaps of her life, like 'Why Dogs Don't Understand Basic Concepts Like Moving' each accompanied with naive drawings. Her book chronicles the many "learning experiences" she has endured as a result of her own flaws. It includes childhood stories; the highs and lows of owning a mentally challenged dog; and a moving and darkly comic account of her struggles with depression.

The Stranger on the Bridge - Jonny Benjamin

In 2008, Jonny was ready to jump off Waterloo Bridge. A stranger stopped to talk with him and saved his life. The Stranger on the Bridge is a memoir of the journey Jonny made to not only find the person who saved him, but to explore how he got to the bridge in the first place. Using extracts from his diaries, this is a deeply personal memoir and insight on mental health.

The Woman Who Walked in Sunshine - Alexander McCall-Smith

Mma Ramotswe is not one to sit about. Her busy life as the owner of the No.1 Ladies' Detective Agency gives her little time for relaxation. Nonetheless, she is persuaded to take a holiday. But Mma Ramotswe finds it hard to resist the temptation to secretly interfere with the agency's cases.

Where'd You Go, Bernadette - Maria Semple

Bernadette Fox is notorious. To Elgie Branch, she's his hilarious, volatile, talented, troubled wife. To mothers at the school gate, she's a menace. To design experts, she's a revolutionary architect. And to 15-year-old Bee, she is a best friend and mum. When Bernadette disappears Bee must take a trip to the end of the earth to find her. A deeply touching novel about misplaced genius and a mother and daughter's place in the world.