



Mood Boosting Books Reading List



Adrian Mole: The Prostrate Years by Sue Townsend

Aphrodite's Hat by Sally Vickers

The Best Exotic Marigold Hotel by Deborah Moggach

The Camomile Lawn by Mary Wesley

Chocolat by Joanne Harris

Driving Over Lemons by Chris Stewart

The Dud Avocado by Elaine Dundy

Eat, Pray, Love by Elizabeth Gilbert

Hector Finds Time by François Lelord

Jamie's Ministry of Food: Anyone Can Learn to Cook in 24 hours by Jamie Oliver

Julie and Julia: My Year of Cooking Dangerously by Julie Powell

The Last Runaway by Tracy Chevalier

My Boy Butch: The Heart-warming True Story of a Little Dog Who Made Life Worth Living Again by Jenni Murray

Of Mutability by Jo Shapcott



Restless by William Boyd

Starter for Ten by David Nicholls

This Book Will Save Your Life by A.M. Homes

Travels with My Aunt by Graham Greene

The Unlikely Pilgrimage of Harold Fry by Rachel Joyce