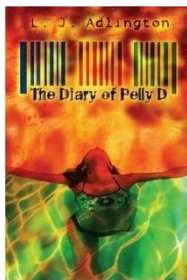


## Resource List: Diaries

### By Katie Gallant

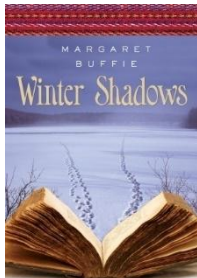
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It should come as no surprise that reading is related to empathetic understanding (Koopman, 2015). There are many types of literature that can draw out empathy from a reader. Diaries are one way for young adults to get into the minds of other young adults to really understand them and feel what they feel. The list below includes books written in a straightforward diary format, with a few books featuring protagonists reading the diaries of other young adults within the story itself, adding another layer to the understanding and empathy between the reader and the characters.



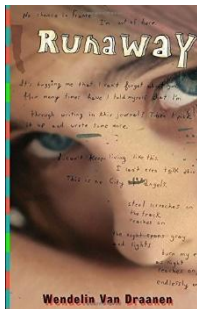
*The Diary of Pelly D* (2005) by L.J. Adlington

Inspired by the diary of Anne Frank, this story is set in the future on a distant planet. Tony V. finds a diary belonging to Pelly D. hidden inside a watering can. At first, Tony thinks Pelly was a spoiled girl, but as he reads more of her diary, it becomes clear that the diary was written during the war, and maybe Pelly wasn't as spoiled as he first thought.



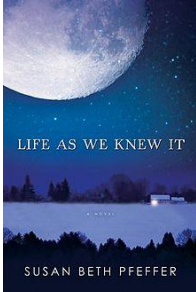
*Winter Shadows* (2010) by Margaret Buffie

Cass thinks her life can't get any worse - her father remarried after her mother died of cancer, and she has a new annoying step-sister. When Cass finds a century-old diary of a young woman named Beatrice, however, she realizes that she isn't alone in her suffering.



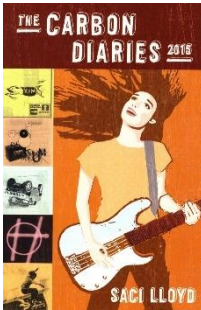
*Runaway* (2006) by Wendelin Van Draanen

Twelve-year old Holly is on the run from her fifth foster home. She chronicles her journey as she travels and copes with her mother's heroin addiction.



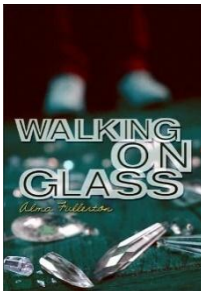
*Life as we Knew It* (2006) by Susan Beth Pfeffer

A meteor knocks the moon closer to earth, causing a surge of natural disasters. Throughout the earthquakes and tsunamis, Miranda keeps a journal of her daily struggle to stay alive with her family.



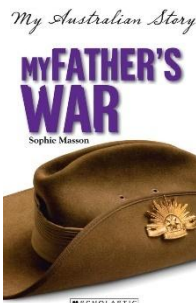
*The Carbon Diaries 2015* (2009) by Saci Lloyd

Due to severe climate change, the UK has created carbon dioxide rationing. Laura Brown chronicles the first year of rationing, while also balancing a teenage life and a crazy family.



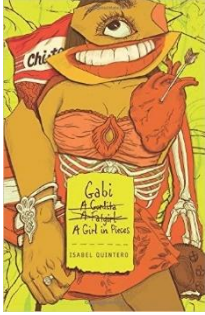
*Walking on Glass* (2007) by Alma Fullerton

A teenage boy witnesses his mother's suicide attempt and tries to save her. Now his mother is in a coma and needs machines to keep her alive. The boy has a choice to make - does he keep her alive or pull the plug?



*My Australian Story: My Father's War* (2011) by Sophie Masson

Annie's father left to fight the war in France, but for the past few months, he hasn't sent any letters or postcards. Worried that something terrible has happened, Annie and her mother leave for France to track him down.



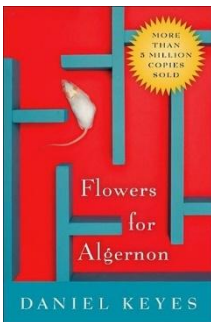
*Gabi, A Girl In Pieces* (2014) by Isabel Quintero

Gabi has a lot going on in her life: her father is addicted to meth, her best friend is pregnant, and her other best friend came out as gay. To top it off, her mother always tells her “Ojos abiertos, piernas cerradas” (“Eyes open, legs shut”). This book chronicles her final year of high school.



*Hold Still* (2009) by Nina LaCour

Caitlin finds the journal of her recently deceased best friend Ingrid. Through reading the journal, Caitlin learns that Ingrid had deep depression that led to her suicide.



*Flowers for Algernon* (1958, republished in 2005) by Daniel Keyes

A man named Charlie with mental disabilities undergoes an experiment to raise his IQ level. When he begins, he cannot even beat the laboratory mouse named Algernon at mazes. As his IQ increases, he documents his thoughts in a diary.