

Recommended reading

Welcome to our curated collection of books that celebrate visible differences, body image, and self-acceptance.

This collection spans genres and age groups, offering accessible titles for everyone – whether you're a child discovering uniqueness or an adult navigating complex feelings about appearance. Each section includes stories that foster empathy, resilience, and understanding.

In a world often focused on conformity, these books highlight the strength of individuality and the importance of kindness. We hope this list sparks conversations about acceptance and the richness of our differences.

YOUNG CHILDREN (AGES 3-8)

- **Smile with Simon Series** by Patricia Ann Simon
- **The Same But Different Too** by Karl Newson
- **Beautifully Me** by Nabela Noor
- **When Teddy Lost His Smile** by Karen Johnson
- **Hi, I'm Me** by Kelly Vurinaris
- **Just Ask!** by Sonia Sotomayor
- **The Day You Begin** by Jacqueline Woodson
- **We're All Wonders** by R.J. Palacio
- **Adventures of Norah: Let's Talk About Cleft** by Sasha A. Cooper
- **These Lips** by Julie Cwir
- **The Day Bert Smiled** by Christine Maier
- **Why Me, Mama?** by Katherine Lockwood
- **Jack's New Smile: Having a Baby with Cleft Lip and Palate** by Ruth M. Trivelpiece MEd, Suzanne N. West MSN, and Jennifer L. Rhodes MD
- **Amber's Adventures with Goldenhar** by Breanna Mendoza
- **Peter's Rockin' Ear** by Dede Dankelson
- **Hi, I'm Me in Kindergarten** by Kelly Vurinaris
- **I See a Smile: Preparing Families for a Baby with Cleft Lip** by LaTasha Reinhardt

For more tools and information visit:
visibledifferenceaotearoa.co.nz

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OLDER CHILDREN (AGES 8-14)

- **Love Your Body** by Jessica Sanders
- **Break the Mould** by Sinead Burke
- **Wonder** by R.J. Palacio
- **Roll with It** by Jamie Summer
- **Walk in My Shoes** by Kate Chandulal
- **Turtle Boy** by Evan Wolkenstein
- **Ride High Pineapple** by Jenny Woolsey
- **Auggie & Me: Three Wonder Stories** by R.J. Palacio
- **365 Days of Wonder: Mr. Browne's Book of Precepts** by R.J. Palacio

TEENS (AGES 13+)

- **In This Body** by Ruby Jones

ADULTS

For parents

- **Children with Facial Difference: A Parents' Guide** by Hope Charkins
- **I've Just Seen a Face: A Practical and Emotional Guide for Parents of Children Born with Cleft Lip and Palate (Year One and Beyond)** by Amy Mendillo
- **Children with Cleft Lip and Palate: A Parents' Guide to Early Speech-Language Development and Treatment** by Mary A. Hardin-Jones, Kathy L. Chapman, and Nancy J. Scherer
- **Choosing Ourselves: Love and Advocacy in Overcoming the American Medical System** by Barbara R. Walker, PhD, and Jim H. Walker

Recommended reading

Memoirs

- **A Face for Picasso** by Ariel Henley
- **Ugly** by Robert Hoge
- **Autobiography of a Face** by Lucy Grealy
- **Running from the Mirror** by Howard Shulman
- **Full of Heart** by J.R. Martinez
- **Say Hello** by Carly Findlay
- **Diary of a Beautiful Disaster** by Kristin Bartzokis
- **Not All Heroes Wear Capes** by Jono Lancaster
- **Shelley: The Uplifting Story of a Battle to Overcome Disfigurement** by Shelley Hull
- **Normal: One Kid's Extraordinary Journey** by Magdalena and Nathaniel Newman
- **Heroes with a Thousand Faces** by Laura Greenwald
- **REARRANGED: An Opera Singer's Facial Cancer and Life Transposed** by Kathlee Watt

Non-fiction

- **Face It** by James Partridge
- **CBT for Appearance Anxiety. Psychosocial Interventions for Anxiety Due to Visible Difference** by Alex Clarke, Andrew Thompson, Elizabeth Jenkinson, Nichola Rumsey, Rob Newell
- **The Courage to Be Kind** by Jenny Levin and Rena Rosen
- **The Facemaker: A Visionary Surgeon's Battle to Mend the Disfigured Soldiers of World War I** by Lindsey Fitzharris
- **Babyface: A Story of Heart and Bones** by Jeanne McDermott