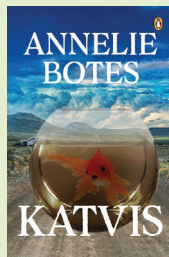


Minister's book club titles 2025/26

Theme 1: Health awareness

ADULT FICTION



BEUKES, Lauren
Afterland.- Umuzi, 2020.

MACKAY, Alistair
It doesn't have to be this way.- Kwela Books, 2022.
Genre: Dystopian fiction/Gay

BOTES, Annelie
Katvis.- Penguin Books, 2023.

ADULT NON-FICTION



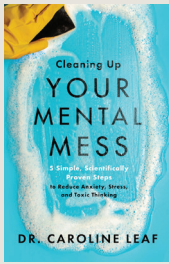
TERBLANCHE, Erica
Run: for the love of life: what I learned while running more than 10 000 miles through some of the harshest landscapes on Earth.- Quickfox Publishing: Cape Town, 2021.

An inspiring read for anyone looking to break free from routine, rediscover their energy, and start the year with renewed enthusiasm.



KLIPIN, Judy
Recover from burnout: life lessons to regain your passion and purpose.- Bookstorm: Johannesburg, 2019.

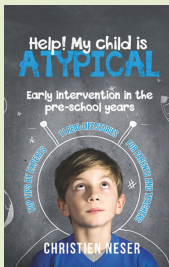
Draws from years of experience working with clients facing burnout — raising the question of whether South Africans may be particularly susceptible to it.



LEAF, Caroline

Cleaning up your mental mess: 5 simple, scientifically proven steps to reduce anxiety, stress, and toxic thinking.- Baker Books: Grand Rapids, Michigan, 2021.

'... Backed by clinical research and illustrated with compelling case studies, the author's latest book provides a scientifically proven five-step plan, the Neurocycle, to find and eliminate the root of anxiety, depression, and intrusive thoughts in your life so you can experience dramatically improved mental and physical health. In just sixty-three days, you can start to clean up your mental mess and be on the road to wholeness, peace, and happiness.' (*bakerpublishinggroup.com*)



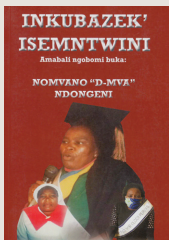
NESER, Christien

Help! My child is atypical: early intervention in the pre-school years.- Lapa, 2020.

Afrikaans edition:

NESER, Christien

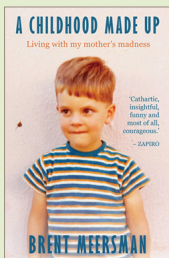
Help! My kind is anders: ontdek die ster in jou anderste kind.- Lapa Uitgewers, 2020.



NDONGENI, Nomvano

Inkubazek' isemntwini: amabali ngobomi buka: Nomvano 'D-Mva' Ndongeni.- WEP, 2020.

IsiXhosa biography. The author is based in Cape Town and was born in Mthatha in the Eastern Cape. She is sharing her life experience as a disabled person and a woman. This book is also a result of a programme that empowers local women faced with difficulties in their lives.



MEERSMAN, Brent

A childhood made up: living with my mother's madness.

- Tafelberg, 2020.

RUST, Madelein

Kanker schmanker!: hoe een dapper vrou vir die groot K tong uitgesteek het!.- Lux Verbi, 2019.

BAUMANN, Sean Exner

Madness: stories of uncertainty and hope/illustrated by Fiona Moodie.- Jonathan Ball Publishers, 2020.

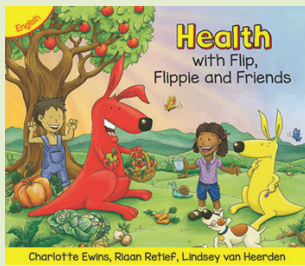
YOUNG ADULT FICTION



JACOBS, Jaco

Tekkies/illustrated by Alistair Ackermann.- Pan Macmillan Suid-Afrika, 2022.

JUVENILE FICTION



EWINS, Charlotte

Health with Flip, Flippie and friends/illustrated by Riaan Retief and Lindsey van Heerden.- Copycat Communications, 2020.

Afrikaans edition:

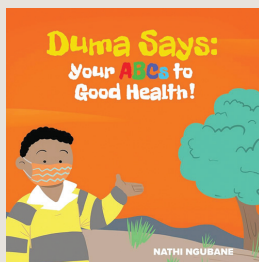
EWINS, Charlotte

Gesondheid met Flip, Flippie en vriende/illustrated by Riaan Retief and Lindsey van Heerden.- Copycat Communications, 2020.

IsiXhosa edition:

EWINS, Charlotte

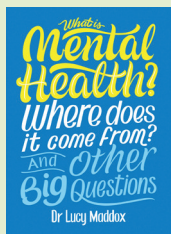
Yiba seMpilweni noFlip, noFlippie neetshomi/illustrated by Riaan Retief and Lindsey van Heerden; translated by Joanne Webster.- Copycat Communications, 2020.



NGUBANE, Nathi

Duma says: your ABCs to good health!- Social Bandit Media, 2021.

JUVENILE NON-FICTION



MADDOX, Lucy

What is mental health? Where does it come from? and other big questions.- Wayland: London, 2020.

An informative and easy to read book providing an overview on issues surrounding mental health, including what it is, why it's important and how to get support. The approach is friendly, accessible and non-stigmatizing. The book also features a diverse range of individuals, including athletes, artists, mental health advocates, poets, academics and psychiatrists, talking about their experiences with mental health, addressing how it has impacted their lives, and offering practical tips and advice. A good entry point for the youth on the topic.