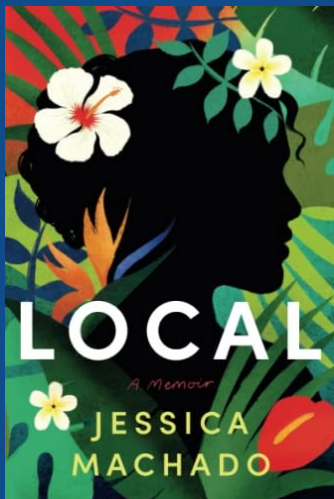




Join us in expanding our bookshelves! Book Celebrations highlights books for kids, teens, and adults that honor that month's holidays, celebrated cultures, causes, and more to further educate us all.

In May, we honor both Asian American & Pacific Islander Heritage Month and Mental Health Awareness Month.

FYI - we found all these books on the Elliot Bay Bookstore's website. **Shop local!**



Local

by Jessica Machado

Machado's memoir explores her feelings of not belonging anywhere. She grows up in Hawaii with her indigenous father and white mother. After her parents' divorce and feeling separated herself from her own island roots, Jessica runs away to Los Angeles. Her new-found isolation maximizes her downward spiral as she attempts to find herself.

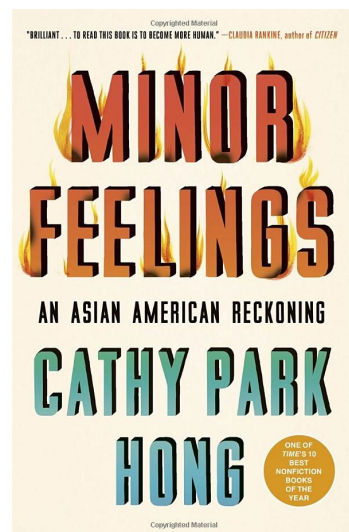
[Buy at Elliot Bay Bookstore](#)

Minor Feelings

by Cathy Park Hong

As the daughter of Korean immigrants in the United States, author Cathy Park Hong feels mostly melancholy, shame, and suspicion. In a punk-rock style of writing, Hong describes the Asian American experience in brutal honesty. Her essays showcase the arch of her own mental health and how she bravely takes control in spite of American racism.

[Buy at Elliot Bay Bookstore](#)





I'm Telling the Truth, but I'm Lying by Bassey Ikpi

Bassey Ikpi is many things - a slam poet, a mother and a daughter, and a Nigerian American immigrant. She also is someone diagnosed with Bipolar II and anxiety. In this book of essays, Ikpi explores the nuances of her mental illness with intense honesty and intimacy that takes the reader from Nigeria to Oklahoma.

[Buy at Elliot Bay Bookstore](#)

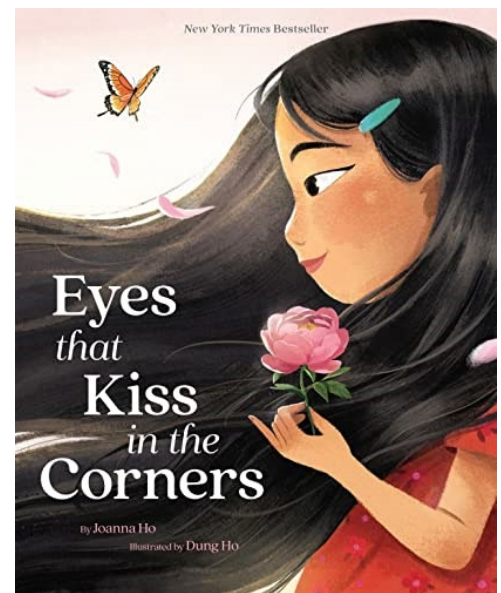
Eyes that Kiss in the Corners

by Joanna Ho

Illustrated by Dung Ho

This New York Times Best Seller makes space for a young girl exploring an important part of what makes her special: her eyes. She realizes she looks different than her peers, but she finds the beauty in what makes her stand out thanks to the powerful relationships she has with the women in her life. Filled with stunning illustrations and written with lyrical storytelling, any reader will fall in love with the little girl's journey.

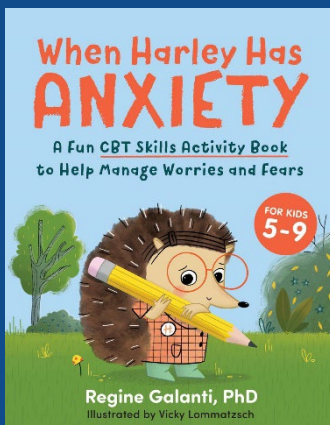
[Buy at Elliot Bay Bookstore](#)



When Harley Has Anxiety

by Regine Galanti, PhD

illustrated by Vicky Lommatzsch



All little hedgehogs get anxious sometimes. Best-selling author Dr. Regine Galanti offers an activity book that teaches kids how to be brave and feel less anxious. This resource is perfect for children ages 5 - 9 so they can channel their feelings in a healthy way!

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