Using the online catalog, use the subheading “Personal Narratives” after any subject; for example, “Agoraphobia - Personal Narratives.”

Here are some of the books in the Maple Woods library that relate personal experiences:

**ADVENTURE**

*Endurance: A Year in Space, a Lifetime of Discovery /* Scott Kelly with Margaret Lazarus Dean 629.45 K29e
*Into Thin Air: A Personal Account of the Mount Everest Disaster /* Jon Krakauer 796.522 K85i
*The Kid Who Climbed Everest: The Incredible Story of a 23-Year-Old’s Summit of Mt. Everest /* Bear Grylls 796.522 G92k
*Kon-Tiki: Across the Pacific by Raft /* Thor Heyerdahl 910.4 H51k 1956
*Miracle in the Andes: 72 Days on the Mountain and My Long Trek Home / Nando Parrado 982.6 P24m
*No End in Sight: My Life as a Blind Iditarod Racer / Rachael Scdoris 798.83 Scd7n
*Under and Alone: The True Story of the Undercover Agent Who Infiltrated America’s Most Violent Outlaw Gang / William Queen 364.106 Q31u

**AFRICA**

*A Long Way Gone: Memoirs of a Boy Soldier /* Ishmael Beah 966.4 B35L
*Born in the Big Rains: A Memoir of Somalia and Survival /* Fadumo Korn 392.1 K84b
*The Girl Who Smiled Beads: A Story of War and What Comes After /* Clemantine Waymariya 967.571 W18g
*Shake Hands with the Devil: The Failure of Humanity in Rwanda /* Roméo Dallaire with Brent Beardsley 967.571 D16s 2005
*Slave / Mende Nazer 306.362 N23s
*They Poured Fire on Us from the Sky: The True Story of Three Lost Boys from the Sudan / Alephonsion Deng 962.4 D41t
*The Translator: A Tribesman’s Memoir of Darfur / Daoud Hari 962.7 H22t

**ASIAN**

*Crossing Three Wildnesses: A Memoir /* U Sam Oeur 959.6 Us1c
*Escape from Camp 14: One Man’s Remarkable Odyssey from North Korea to Freedom in the West/ Blaine Harden 365.45 H21e
*The Latehomecomer: A Hmong Family Memoir / Kao Kalia Yang 959.704 Y16L
*Motiba’s Tattoos: A Granddaughter’s Journey into Her Indian Family’s Past / Mira Kamdar 973.0491 K12m
*The Road of Lost Innocence / Somaly Mam 362.76 M31r
*Stars between the Sun and Moon: One Woman’s Life in North Korea and Escape to Freedom / Lucia Jang and Susan McClelland 951.93 J25s

**AUTISM/ASPERGER’S**

*Aquamarine Blue 5: Personal Stories of College Students with Autism /* edited by Dawn Prince-Hughes 371.94 Aq33
*Fall Down Seven Times; Get Up Eight / Naoki Higashida 616.8588 H53f
*Nobody Nowhere: The Extraordinary Autobiography of an Autistic / Donna Williams 616.89 W67n
AUTISM/ASPERGER’S (CONT)

Pretending to be Normal: Living with Asperger’s Syndrome / Liane Holliday Willey 616.8982 W66p
Songs of the Gorilla Nation: My Journey through Autism / Dawn Prince-Hughes 616.8588 P93s

GOVERNMENT/POLITICS/CURRENT EVENTS

Autobiography of a Recovering Skinhead / Frank Meeink 320.56 M47a
My Mantelpiece: A Memoir of Survival and Social Justice / Carolyn Goodman 323.092 G62m
Operation Pseudo Miranda: A Veteran of the CIA Drug Wars Tells All / Kenneth C. Bucchi 363.45 B85o
A Question of Choice / Sarah Weddington 363.46 W41q
Standing next to History: An Agent’s Life Inside the Secret Service / Joseph Petro with Jeffrey Robinson 363.238 P44s
The Sun Does Shine: How I Found Life and Freedom on Death Row / Anthony Ray Hinton 346.66 H59s

HOLOCAUST

Anne Frank: The Diary of a Young Girl / 92 F84fd
Clara’s War: One Girl’s Story of Survival / Clara Kramer 940.5318 K86c
Running through Fire: How I Survived the Holocaust / Zosia Goldberg as told to Hilton Obenzinger 940.5318 G564r
Safe Passage: The Remarkable True Story of Two Sisters Who Rescued Jews from the Nazis / Ida Cook 940.5318 C77s
Scheisshaus Luck: Surviving the Unspeakable in Auschwitz and Dora / Pierre Berg 940.5318 B4527s
Still Alive: A Holocaust Girlhood Remembered / Ruth Kluger 940.5318 K71s

ILLNESS

Happy: A Memoir / Alex Lemon 616.81 L54h
Ice Bound: A Doctor’s Incredible Battle for Survival at the South Pole / Jerri Nielsen 919.89 N55i
Like Sound through Water: A Mother’s Journey through Auditory Processing Disorder / Karen J. Foli 617.8 F71L
Losing My Mind: An Intimate Look at Life with Alzheimer’s / Thomas DeBaggio 616.831 D35
A Mind Unraveled: A Memoir / Kurt Eichenwald 616.853 Ei23m
Penitent, with Roses: An HIV+ Mother Reflects / Paula W. Peterson 916.979 P442p
Somebody I Used to Know: A Memoir / Wendy Mitchell 616.831 M69s
When Breath Becomes Air/ Paul Kalanithi 617.092 K12w

IRAQ AND AFGHAN WARS

Blood Brothers: Among the Soldiers of Ward 57 / Michael Weisskopf 956.7 W43b
Eat the Apple: A Memoir / Matt Young 956.7 Y84e
Friendly Fire: The Remarkable Story of a Journalist Kidnapped in Iraq, Rescued by an Italian Secret Service Agent, and Shot by U.S. Forces / Giuliana Sgrena; translated by Lesley Freeman Riva 956.7 Sg6f
The Gift of Valor: A War Story / Michael M. Phillips 956.7 P54g
Plenty of Time When We Get Home: Love and Recovery in the Aftermath of War / Kayla Williams 616.8521 W67p
Shoot Like a Girl: One Woman’s Dramatic Fight in Afghanistan and on the Home Front / Mary Jennings Hegar 958.1 H36s
Tell Them I Didn’t Cry: A Young Journalist’s Story of Joy, Loss, and Survival in Iraq / Jackie Spinner; with Jenny Spinner 956.7 Sp4t
LGBTQ

At the Broken Places: A Mother and Trans Son Pick Up the Pieces / Mary Collins and Donald Collins 306.768 C69a
Before I Had the Words: On Being a Transgender Young Adult / Skylar Kergil 306.768 K45b
Born Both: An Intersex Life / Hida Viloria 306.768 V71b
Boy Erased: A Memoir / Garrard Conley 306.766 C76b
Self-ish: A Transgender Awakening / Chloe Schwenke 306.768 Sch98s
Tomorrow Will Be Different: Love, Loss, and the Fight for Trans Equality / Sarah McBride 306.768 M45t

MENTAL ILLNESS

Born to Lose : Memoirs of a Compulsive Gambler / Bill Lee 362.25 L51b
Brain on Fire: My Month of Madness / Susannah Cahalan 616.83 C11b
Brave Girl Eating : A Family’s Struggle with Anorexia / Harriet Brown 616.852 B81b
Darkness Visible : A Memoir of Madness / William Styron 813 St99zs 1992
The Day the Voices Stopped : A Memoir of Madness and Hope / Ken Steele 616.89 St3d
Devil in the Details : Scenes from an Obsessive Girlhood / Jennifer Traig 616.852 T68d
Divided Minds : Twin Sisters and Their Journey through Schizophrenia / Pamela Spiro Wagner and Carolyn S. Spiro 616.898 W12d
Girl, Interrupted / Susanna Kaysen 616.89 K18g 1994
A Mother’s Reckoning: Living in the Aftermath of Tragedy / Sue Klebold 373.788 K67m
This Close to Happy: A Reckoning with Depression / Daphne Merkin 616.8527 M54t
An Unquiet Mind / Kay Redfield Jamison 616.89 J24u

MIDDLE EASTERN

Daring to Drive: A Saudi Woman’s Awakening / Manal al-Sharif 320.082 AL108d
The Fox Hunt: A Refugee’s Memoir of Coming to America / Mohammed Al Samawi 953.3 AL1f
I Am Malala: The Girl Who Stood Up for Education and Was Shot by the Taliban/ Malala Yousafzai; with Christina Lamb 92Y88y
I Am Nujood, Age 10 and Divorced / Nujood Ali 306.872 AL4i
I Saw Ramallah / Mourid Barghouti 915.695 B23i
Inside the Kingdom: My Life in Saudi Arabia / Carmen Bin Ladin 305.40958 L34m
Journey from the Land of No : A Girlhood Caught in Revolutionary Iran / Roya Hakakian 955.05 H12j
My Father’s Rifle : A Childhood in Kurdistan / Hiner Saleem 956.72 Sa3m
My Forbidden Face:Growing Up under the Taliban: A Young Woman’s Story/ Latifa 305.40958 L34m
Refugees in Our Own Land: Chronicles from a Palestinian Refugee Camp in Bethlehem / Muna Hamzeh 956.953 H18r
Stolen Lives : Twenty Years in a Desert Jail / Malika Oufkir 365.45 Ou3s
Storm of Terror : A Hebron Mother’s Diary / June O. Leavitt 956.95 L48s
Threading My Prayer Rug: One Woman’s Journey from Pakistani Muslim to American Muslim / Sabeeha Rehman 305.8194 R26t

MULTICULTURAL AMERICA

All You Can Ever Know: A Memoir / Nicole Chung 362.734 C47a
American Chica: Two Worlds, One Childhood / Maria Arana 92 Ar14a
An American Family: A Memoir of Hope and Sacrifice / Khizr Khan 973.04 K52a
Black, White, and Jewish : Autobiography of a Shifting Self / Rebecca Walker 305.8044 W15b
Born with Wings: The Spiritual Journey of a Modern Muslim Woman / Daisy Khan 297.092 K52b
The Bridge to Brilliance: How One Principal in a Tough Community Is Inspiring the World / Nadia Lopez 371.01 L88b
Burquas, Baseball, and Apple Pie: Being Muslim in America / Ranya Tabari Idliby 305.697 Id4b
The Color of Water: A Black Man’s Tribute to His White Mother / James McBride 305.8 M122c
Dear America: Notes of an Undocumented Citizen / Jose Antonio Vargas 304.873 V42d
Dear Senator: A Memoir by the Daughter of Strom Thurmond / Essie Mae Washington-Williams and William Stadiem 92 T4254w
Finding Fish: A Memoir / Antwone Quenton Fisher 92 F5311f
Happy Birthday or Whatever: Track Suits, Kim Chee, and Other Family Disasters / Annie Choi 305.895 C45h
Illegal: Reflections of an Undocumented Immigrant / Jose Angel N. 305.868 N11i
I’m Still Here: Black Dignity in a World Made for Whiteness / Austin Channing Brown 305.896 B81i
Mixed: My Life in Black and White / Angela Nissel 305.805 N63m
Muslim Girl: A Coming of Age / Amani Al-Khatahtbeh 297.092 AL105m
My Invented Country / Isabel Allende 863 AL5zaL
Negroland: A Memoir / Margo Jefferson 305.896 J35n
Olive Witch: A Memoir / Abeer Y. Hoque 305.8914 H77o
Pearl’s Secret: A Black Man’s Search for His White Family / Neil Henry 306.846 H39p
Rez Life: An Indian’s Journey through Reservation Life / David Treuer 305.897 T72r
Tell the Truth & Shame the Devil: The Life, Legacy, and Love of My Son, Michael Brown / Lezley McSpadden 305.896 M459t
The Terrorist’s Son: A Story of Choice / Zak Ebrahim 303.625 Eb76t
Undocumented: A Dominican Boy’s Odyssey from a Homeless Shelter to the Ivy League / Dan-el Padilla Peralta 323.631 P13u
Warriors Don’t Cry: A Searing Memoir of the Battle to Integrate Little Rock’s Central High / Melba Beals 379.263 B36w
When I Was Puerto Rican / Esmeralda Santiago 973.0468 Sa5w 1994
When They Call You a Terrorist: A Black Lives Matter Memoir / Patrisse Khan-Cullors 305.8 K52w

SCIENCE

The Double Helix: A Personal Account of the Discovery of the Structure of DNA / James D. Watson 572.86 W33d 1998
Flight: My Life in Mission Control / Chris Kraft 92 K855k
Through a Window: My Thirty Years with the Chimpanzees of Gombe / Jane Goodall 599.8 G61t
Uncle Tungsten: Memories of a Chemical Boyhood / Oliver Sacks 92 Sa147s

SPORTS

Elston and Me: The Story of the First Black Yankee / Arlene Howard 92 H832h
Falling Hard: A Rookie’s Year in Boxing / Chris Jones 796.83 J71f
Forward: A Memoir / Abby Wambach, Abby 796.334 W1f
I Never Had It Made / Jackie Robinson 92 R563r 1995
Making My Pitch: A Woman’s Baseball Odyssey /
Up and Running: The Jami Goldman Story / Jami Goldman 362.43 G56u

VIETNAM WAR

Black Virgin Mountain: A Return to Vietnam / Larry Heinemann 959.704 H36b
Home Before Morning: The Story of an Army Nurse in Vietnam / Lynda Van Devanter 959.704 V286h 2001
Solo: My Adventures in the Air / Clyde Edgerton 629.13 Ed3s
The Unwanted: A Memoir / Kien Nguyen 973.0495 N499u
A Vietcong Memoir / Truong Nhu Tang 959.704 T77
WOMEN, CHILDREN, & FAMILY

Ask Me About My Uterus: A Quest to Make Doctors Believe in Women’s Pain / Abby Norman 618.1 N78a
Beautiful Boy: A Father’s Journey Through His Son’s Addiction / David Sheff 362.299 Sh3b 2009
The Blessing: A Memoir / Gregory Orr 811 Or73zo
Born Bright: A Young Girl’s Journey from Nothing to Something in America / C. Nicole Mason 305.48 M38b
Breaking Clean / Judy Blunt 978.6 B62b
Breaking Night: A Memoir of Forgiveness, Survival, and My Journey from Homeless to Harvard / Liz Murray 362.82 B62b
Goodbye, Sweet Girl: A Story of Domestic Violence and Survival / Kelly Sundberg 362.8292 Su72g
Heartland: A Memoir of Working Hard and Being Broke in the Richest Country on Earth / Sarah Smarsh 305.562 Sm27h
Hillbilly Elegy: A Memoir of Family and Culture in Crisis / J. D. Vance 305.562 V27h
Hunger: A Memoir of My Body / Roxane Gay 306.4613 G25h
In the Darkroom / Susan Faludi 306.874 F19
Making Toast: A Family Story / Roger Rosenblatt 306.874 R72m
Mayhem / Sigrid Rausing 362.29 R19m
A New Model: What Confidence, Beauty, and Power Really Look Like / Ashley Graham with Rebecca Paley 746.92 G76n
One Hour in Paris: A True Story of Rape and Recovery/ Karyn L. Freedman 362.883 F87o
Orange Is the New Black: My Year in a Women’s Prison / Piper Kerman 365.43 K45o
Paid For: My Journey through Prostitution/ Rachel Moran 306.74 M79p
Priestdaddy / Patricia Lockwood 811 L81zL
Pure: Inside the Evangelical Movement That Shamed a Generation of Young Women and How I Broke Free / Linda Kay Klein 261.835 K38w
Smashed: Story of a Drunken Girlhood / Karen Zailekas 616.861 Z13s
South of Forgiveness: A True Story of Rape and Responsibility / Thordis Elva, Tom Stranger 362.883 EL86s
A Special Education: One Family’s Journey through the Maze of Learning Disabilities / Dana Buchman 371.9 B85s
Without a Net: Middle Class and Homeless (With Kids) in America: My Story / Michelle Kennedy 306.874 K38w
The Year of Magical Thinking / Joan Didion 813 D562zd

WORLD WAR II

Beyond Band of Brothers: The War Memoirs of Major Dick Winters / Dick Winters 940.54 W736b
In My Brother’s Shadow: A Life and Death in the SS / Uwe Timm 940.54 T48i
Letters from the End of the World: A Firsthand Account of the Bombing of Hiroshima / Toyofumi Ogura 940.54 Og9L
On Hitler’s Mountain: Overcoming the Legacy of a Nazi Childhood / Irmgard A. Hunt 943.086 H91o
Red Tail Captured, Red Tail Free: Memoirs of a Tuskegee Airman and POW / Alexander Jefferson, with Lewis H. Carlson 940.54 J35r
Trains of Thought: Memories of a Stateless Youth / Victor H. Brombert 940.5481 B78t
A Woman in Berlin: Eight Weeks in the Conquered City: A Diary / by Anonymous; translated by Philip Boehm 943.155 W84