

These quotes have been kindly given by authors, illustrators and book lovers who believe in 'Books That Help.'

Please use them for displays, assemblies, presentations and for spreading the word about the importance of books.

"Books are a safe place to explore the complex world around us. They can be brilliant bridges into conversations about our past, present and future."

Rachel Ip – author of
The Forgettery

"Books help people in SO MANY ways, they can take you out of yourself, away from your worries - transport you somewhere else, give you respite for a few pages or a chapter. They help you understand how it might feel to be someone else living a different life, facing different struggles - books seed empathy."

Sarah Tagholm – author of *Wolves In Helicopters*

"Books are marvellous, magical time machines that let our minds share the same thoughts, feelings and ideas, even if we don't exist in the same place or time! You are never, ever alone with a book."

Alexandra Page – author of *The Worry Tiger*

“Books are one of my favourite things and they can help in so many ways. They can help you explore new worlds, meet new people, learn new things, they can help you rest, make you laugh and consider new points of view.”

Naomi Jones – author of *The Perfect Fit*

"Books show us a new way to live and love. They fill our lives with hope and show us what could be and what might be, not just what has been. They give us tools to change the world."

Ian Eagleton – author of *Nen and the Lonely Fisherman*

“Opening a book is like having the keys to the most amazing Time Machine in the world. You get to zoom into a universe of comedy, pay a flying visit to the dinosaurs, dart around a space hunting aliens. All these worlds are ready and waiting for you and all you have to do is open the page.”

Tom McLaughlin – author and illustrator of
The Story Machine

“Books are a window on the world. They help children to explore things that may otherwise seem difficult to understand or relate to. They help children to identify with their own situations. They help make sense of things which might be troubling them. Books help.”

Catherine Ward – author of *The Emerald Forest*

"Books teach us empathy and can inspire our future ambitions They can also encourage us to tell our own stories, and the world needs YOUR story! Only you have lived your life and have your own unique magic."

Emma Reynolds – author-illustrator of
Amara and the Bats

"Books are like a medicine cabinet for your heart and soul. Whatever your prescription - whether you need comfort, empathy, escape, or a dose of inspiration - there's usually a book that can help."

Caroline Crowe - author of
'How do You Make a Rainbow?'

"In difficult times, books can be a helping hand reaching out to reassure us that we are not alone."

Kate Thompson - author of
'Superheroes Don't Get Scared'

“Books empower and inspire children with the knowledge that their actions can make a difference to their own lives, and the lives of others!”

Sheryl Webster - author of
'One Little Bird'

"Books help by giving us words when we have no words and by explaining feelings we can't explain for ourselves. Books are the friends that are always there."

Bob stones – author and bookseller at
Write Blend Bookshop

"I see books as a vehicle for taking you on a journey. You may rocket or motor along, ride a rollercoaster, sail slowly, glide sedately admiring the view..."

Alan Dapre – author of *Grizzly Ben*

"Stories about real people, places and things can be just as magical as fiction."

Kate Peridot - author of *Caring Conservationists Who Are Changing Our Planet*

"Books can help people because they can entertain us and inform us, they can make us laugh and make us cry and help us understand ourselves and the world around us. Books are like friends. Books are AMAZING!"

Anne Booth – author of
A Shelter for Sadness

“Whatever you’re feeling and whoever you are, there’s bound to be a book for you. Books can help us escape into different worlds, learn about other people’s experiences, understand our own emotions, inspire us to make a difference, and make us cry, laugh, smile or feel less alone. Don’t underestimate the power a book can have!”

Harry Woodgate – author and illustrator of
Timid

"Books are magic and books change lives. Some children like poetry, some like comics. Some like prose, some like non-fiction. Some like to listen to audio, some like to read out loud. Some like picture books, some like choose your own adventure style books. All books are magic."

Wonderland Bookshop

"Reading picture books to my daughter, when life felt tough, helped me remember my own magic and what makes me special."

Reema Puri

"By opening a book, everyone can be transported to a world beyond their wildest dreams... what book will you read today and where will your imagination take you?"

Holly Ryan – author of
Never Mess With a Pirate Princess

"Books help us make sense of the world."

Stephanie Campisi - author of
Quacks Like a Duck

"Books help because they open doors into whole other worlds. They are windows into other people's lives and help us all understand each other better."

Lucy Rowland – author of
Daddy's Rainbow

"There aren't many problems that can be made worse by reading a book. Books grown minds, heal hearts, open doors and take you to faraway places."

Clare Helen Welsh – author of
The Perfect Shelter

*"Books are like a fertiliser that helps
your imagination grow!"*

Jon Burgerman – author and illustrator
of *Everybody Has A Body*.

“Books can be a source of comfort during tricky times. Books can take you places! Books can give you hope and help you love. Books can teach you new things. Books can make you giggle. Books can help you understand. Books can send you to sleep with a happy heart.”

Dr Wendy Meddour – author of
Lubna and Pebble

"If I ever feel lonely, if I ever feel lost, if I ever feel stuck, I always turn to a book. Not only do they open a door and let me escape into a whole new world, away from my worries for a while, quite often I find the answer to my problems within their pages. And isn't it great to find, when you read a story, that quite often there is someone out there who has worries just like yours? You realise you are not so alone after all..."

Lu Fraser – author of
The Littlest Yak

“Books can be friends, they can be escapes, but most of all books are your gateway to the world. They are your own personal doorway to finding out what you want to know, what you want to be and how to be it.”

Nicola Davies – author of
The Day The War Came

"Books can help because they are magical vehicles, which allow us to visit worlds that are not our own. They help us take steps in other people's shoes and see things from new perspectives."

Rachel Morrisroe – author of
The Drama Llama

"Stories are like magic windows, giving us a wonderful view into another life. They allow our own world to grow a little bit bigger and if we're lucky, we also find characters who makes us say, 'They're just like me!' A story can help us understand someone else...the really special ones make us feel understood."

Alana Washington – author of
A Family Christmas

"Books are a wonderful path into new worlds, but they also offer a space of quiet reflection and calm in times of turbulence, upheaval, and distress. The right book at the right time offers unparalleled support and a sense of hope."

Harbour Bookshop, Devon.

"Books are my happy place and my safe space. I read books to walk a while in other people's lives, and also to find out more about myself. That feeling that you are not alone; that someone else has felt what you are feeling now. Books can give you that—and it is priceless."

Frances Tosdevin – author of
The Bear And Her Book

"Books are so powerful. They can start important conversations, deepen empathy and give comfort and hope. They say to the reader: you're not alone, there is a path through all of this..."

Rashmi Sirdeshpande – author of
Dadaji's Paintbrush