Singapore Book Council
Powering Our Imagination

For SG Medical Humanities Conference 2025

17 October 2025

Curated Reading List: Stories of the Body, Mind & Heart

Singapore Book Council

1. **Loss Adjustment** by Linda Collins
   Memoir of a mother navigating the loss of her teenage daughter to suicide.
   Published by Ethos Books Singapore — Ethos Books

2. **Praying to the Goddess of Mercy: A Memoir of Mood Swings** by Mahita Vas
   A candid memoir tracing a woman's bipolar diagnosis and recovery.
   Publisher: Monsoon Books/Epigram —Epigram Books

3. **A Good Day to Die: Inside a Suicidal Mind** by Mahita Vas
   An intimate exploration of chronic suicidal thoughts and mental health advocacy. Publisher: Marshall Cavendish/MCIA — Marshall Cavendish

4. **How We Disappeared** by Jing-Jing Lee
   (AWWAR award–winning) Fiction exploring trauma, history, and healing.
   Publisher: Oneworld Publications — Oneworld Publications

5. **The Good Day I Died** by Desmond Kon Zhicheng-Mingdé
   A poetic reflection on mortality and the limits of language.
   Publisher: Penguin Random House Southeast Asia — Penguin Random House Southeast Asia

6. **This Is What Inequality Looks Like** by Teo You Yenn
   Sociological essays on structural disparities that impact health and well-being.
   Publisher: Ethos Books Singapore — Ethos Books Singapore

7. **A History of Amnesia** by Alfian Sa'at
   Poetry probing collective memory and emotional loss.
   Publisher: Ethos Books Singapore — Ethos Books Singapore

8. **Lost Bodies: Poems Between Portugal and Home** by Heng Siok Tian, Phan Ming Yen, Yong Shu Hoong and Yeow Kai Chai
   Poems about grief, identity, history, and emotional embodiment.
   Publisher: Ethos Books Singapore — Ethos Books Singapore

9. **And the Walls Come Crumbling Down** by Tania De Rozario
   Memoir-like essays on heartbreak, mental wellness, and queer survival.
   Publisher: Math Paper Press/Gaudy Boy — Gaudy Boy

10. **The Gatekeeper** by Nuraliah Norasid
    Speculative fiction exploring trauma, exclusion, and restoration.
    Publisher: Epigram Books — Epigram Books

11. **The Sound of SCH: A Mental Breakdown, A Life Journey** by Danielle Lim
    Winner of the Singapore Literature Prize Non-Fiction 2016, chronicling schizophrenia and healing.
    Publisher: Ethos Books — Ethos Books

12. **A Philosopher's Madness** by Lishan Chan (anthology)
    Perspectives on schizophrenia, selfhood, and mental illness.
    Publisher: Ethos Books — Ethos Books

13. **A Place For Us** by Cassandra Chiu
    Auto-biographical reflections on visual impairment and advocacy.
    Publisher: Ethos Books — Ethos Books

14. **Ayam Buah Keluak and the Art of Writing: A Memoir on Living Creatively** by Josephine Chia
    Memoir intertwining creativity, identity, and emotional resilience.
    Publisher: Ethos Books — Ethos Books

15. **Where I Was: A Memoir About Forgetting and Remembering** by Constance Singam
    Nonfiction exploring memory, forgetting, and familial history.

Publisher: Ethos Books — Ethos Books

16. **17A Keong Saik Road** by Charmaine Leung
    Childhood memoir confronting parental addiction and trauma.
    Publisher: Ethos Books — Ethos Books

17. **The Magic Circle** by Charmaine Chan
    A poetic, tender portrayal of caregiving and terminal illness.
    Publisher: Ethos Books — Ethos Books

18. **Off Centre** by Haresh Sharma
    Play on mental illness and its patients' plight.
    Publisher: Ethos Books/The Necessary Stage — The Necessary Stage

19. **Everything but the Brain** by Jean Tay
    Play on a daughter's caregiving for her stroke-afflicted father.
    Publisher: Epigram Books — Epigram Books

20. **a tiny space** by fifi coo & family
    Book of poetry by fifi coo, a non-verbal boy on the autistic spectrum
    Publisher: Ethos Books – Ethos Books

21. **The White Book** edited by Xiangyun Lim
    Book featuring mental health stories/narratives
    Self-published

22. **Patient History** by Tricia Tan
    Book of poetry on caregiving and illness
    Publisher: Ethos Books — Ethos Books

23. **Inheritance** by Balli Kaur Jaswal
    Coming-of-age novel exploring the unravelling of a punjabi family after a tragedy
    Publisher: Epigram Books — Epigram Books

24. **The Gods will Hear Us Eventually** by Jinny Koh
    Novel exploring familial tensions after a tragedy
    Publisher: Ethos Books — Ethos Books

25. **Neverness** by Fairoz Ahmad
    Novel exploring the aftermath of a girl's disappearance in a village
    Publisher: Ethos Books — Ethos Books

26. **Not Without Us: Perspectives on Disability and Inclusion** by Dan Goodley, Kuansong Victor Zhuang and Meng Ee Wong
    Essay collection by voices within and without the disability community
    Publisher: Ethos Books — Ethos Books

27. **catskull** by Myle Yan Tay
    Novel exploring nihilism, pressures of the education system, and violence
    Publisher: Ethos Books — Ethos Books