

Books for Parents & Kids

Book Name	Author
A Mindfulness-Based stress reduction workbook	B. Stahl
A Simplified Life	Emily Ley
A Standard of Grace	Emily Ley
A Teen's Simple Guide Through Grief	Alexis Cunningham
Anxious Kids, Anxious Parents: 7 Ways To Stop The Worry Cycle and Raise Courageous and Independant Children	R Wilson & L Lyons
Are My Kids On Track?	Sissy Goff
Arriving at Your Own Door: 108 Lessons in Mindfulness	J. Kabatt-Zinn
Brainstorm: The Power and Purpose of The Teenage Brain	Dan Siegel
Braving The Wilderness	Brene Brown
Celebrate Calm	Kirk Martin
Cleaning House: A Mom's Twelve-Month Experiment to Rid Her Home of Youth Entitlement	Kay Wills Wyma
Como Superar losMiedos y Preocupaciones: Una Guia para Ninos, por	J.J. Crist
Coping Skills for Kids Workbook	Janeen Halleran
Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood Through Adulthood	Edward M. Hallowell, M.D., and John J. Ratey, M.D.
Fire In My Heart, Ice In My Veins: A Journal for Teenagers Expereincing A Loss	E Montando
Freeing Your Child from Anxiety	Tamar Chansky MD
Girl Stop Apologizing	Rachel Hollis
Girl Wash Your Face	Rachel Hollis
Glow Kids: How Screen Addiction is Hijacking Our Kids-and How to Break the Trance	Nicholas Kardaras
Grit: The Power of Passion and Perseverance	Angela Duckworth
Growing Up Brave: Expert Strategies for Helping Your Child Overcome Fear, Stress, and Anxiety	Donna B. Pincus, Ph.D.
Helping Your Anxious Child: A step by step guide for parents	R Rapee, A Wignall & A Spence
Hot Stuff to Help Kids Chill Out	Jerry Wilde
How To Be A Happier Parent: Raising a Ramily, Having a Life, and Loving Every Minute of It	K.J. Dell Antonia
How To Raise An Adult: Break Free of the Over Parenting Trap and Prepare Your Kids For Sucess	J. Lythcott-Haims
How to Talk so Kids Will Listen and Listen so Kids Will Talk	Adele Faber and Elaine Mazlish
How to Talk so Teens Will Listen and Listen so Teens Will Talk	Adele Faber and Elaine Mazlish
I Thought It Was Just Me (But it isn't)	Brene Brown
If Your Adolescent Has An Anxiety Disorder: An Essential Resource for Parents	E Foa & L.W. Andrews
iGen:Why Today's Super-Connected Kids are Growing up Less Rebellious, More Tolerant, Less Happy- and Completely Unprepared for	Jean M. Twenge, Ph.D.
It's Complicated: The Social Lives of Networked Teens	D. Boyd
Kid Zone-Talk Openly About Mental Illness-Okay To Say (website)-	https://www.okaytosay.org/kidzone/
Letters to a Bullied Girl	Olivia Gardner
Life Skills: 100 Things Every Kid Should Know Before Leaving Home	Frances Vidakovic
Make It Stick: The Science of Successful Learning	Peter C. Brown, Henry L. Roediger III, Mark A. McDaniel
Mindset: The New Psychology of Sucess	C.S. Dweck
No Drama Discipline	Daniel J. Siegel, M.D., and Tina Payne Bryson
No-Drama Discipline Workbook	Daniel J. Siegel, M.D., and Tina Payne Bryson
Parent Effectiveness Training	Dr. Thomas Gordon
Parenting ADHD Now!: Easy Intervention Strategies to Empower Kids with ADHD	Elaine Taylor-Klaus and Diane Dempster

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Parenting Champions: What Parents Need to Know about the Mental Game	Lanny Bassham
Parenting Teens with Love and Logic: Preparing Adolescents for Responsible Adulthood	Foster Cline, M.D. and Jim Fay
Parenting with Love and Logic	Foster Cline, M.D. and Jim Fay
Permission to Feel-Unlocking the Power of Emotions to Help our Kids, Ourselves, and our Society Thrive	Marc Brackett Ph.D
Quiet: the Power of Introverts in a World That Can't Stop Talking	Susan Cain
Reclaiming Conversation: The Power of Talk in a Digital Age	Sherry Turkle
Rewire Your Anxious Brain	Catherine Pittman
Search Inside Yourself: The Unexpected Path to Achieving Success, Happiness (and World Peace)	Chade-Meng Tan
Self Esteem Shop (Website)	https://selfesteemshop.com/shop/
Smart but Scattered	Peg Dawson, Ed.D., and Richard Guare, Ph.D.
Social Intelligence: The Revolutionary New Science of Human Relationships	Daniel Goleman
Social Media Wellness	Ana Homayoun
Sometime's I'm Anxious: A Child's Guide to Overcoming Anxiety	Poppy O'Neil
Stargirl	Jerry Spinelli
Stong Fathers, Stong Daughters	Meg Meeker, M.D.
Stong Mothers, Strong Sons	Meg Meeker, M.D.
Tear Soup/ Sopa de Lagrimas: A Recipe for Healing After Loss	Pat Schweiebert & Chuck DeKyen
The Anxiety Workbook For Teens: Activities to help you deal with anxiety and worry	L.M. Schaub
The Boy Who was Rasied as a Dog	Bruce D Perry and Maia Szalavitz
The Coddling of the American Mind	Greg Lukianoff and Jonathan Haidt
The Collapse of Parenting	Leonard Sax
The First 20 Hours: How to Learn Anything . . . Fast!	Josh Kaufman
The Five Love Languages of Teenagers	Gary Chapman
The Gift of Failure: How the Best Parents Learn to Let Go So Their Children Can Succeed	Jessica Lahey
The Highly Sensitive Person	Elaine N Aron
The Misunderstood Child: Understanding and coping with your child's learning disabilities	L.B. Silver
The Price of Privilege	Madeline Levine
The Teenage Brain: A Neuroscientist's Survival Guide to Raising Adolescents and Young Adults	Frances E. Jensen, M.D.
The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind	Daniel J. Siegel, M.D.
The Yes Brain	Daniel J. Siegel, M.D., and Tina Payne Bryson
Top Dog	P.O. Bronson and Ashley Merryman
Unselfie: Why Empathetic kids Succeed in Our All-About-Me World	Michele Borba Ed.D
Untangled: Guiding Teenage Girls Through the Seven Transitions into Adulthood	Lisa Damour, Ph.D.
What On Earth Do You Do When Someone Dies?	Trevor Romain
What To Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety	D Hubener & B Mathews
Why Zebras Don't Get Ulcers	Robert M. Sapolsky
Specific for Boys	
Boys Adrift	Leonard Sax
Specific for Girls	
A Smart Girl's Guide to Friendship Troubles: Dealing with Fights, Being Left Out & The Whole Popularity Thing	P.K. Criswell
Cinderella Ate My Daughter: Dispatches from the Front Lines of the New Girly-Girl Culture	P. Orenstein
Enough as She Is: How to Help Girls Move Beyond Impossible Standards of Sucess to Live Healthy, Happy, and Fulfilling Lives	R. Simmons

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Girling Up: How To Be Strong, Smart and Spectacular	M. Bialik
Odd Girl Out: The Hidden Culture of Aggression in Girls	R. Simmons
Packaging Girlhood: Rescuing our Daughters from Marketer's Scheme	S. Lamb & L.M. Brown
Queen Bees and Wannabes, 3rd Edition: Helping Your Daughter Survive Cliques, Gossip, Boys, and the New Realities of Girl World	Rosalind Wiseman
Schoolgirls: Young Women, Self Esteem, and the Confidence Gap	P. Orenstein
Stress Can Really Get On Your Nerves	Trevor Romain
Stuff That Sucks: A Teen's Guide To Accepting What You Can't Change and Committing to What You Can	B. Sedley
The Anti-test Anxiety Society	Julia Cook
The Confidence Code for Girls: Taking Risks, Messing Up & Becoming your Amazing Imperfect, Totally Powerful Self.	K. Kay & C. Shipmann
The Curse of The Good Girl: Raising Authentic Girls with Courage and Confidence	R. Simmons
The Gutsy Girl: Escapades for your Life of Epic Adventure	C. Paul
True or False? Tests Stink	Trevour Romain
Your Happy Heart	Amie Dean