

# **Greater Baltimore Counseling Center Recommended Reading and Web Resource List**

## **FOR ADULT CLIENTS:**

### **ADD/ADHD:**

*You Mean I'm Not Lazy, Stupid, or Crazy?* By Kate Kelly & Peggy Ramundo

*ADD in the Workplace: Choices, Changes, and Challenges* by Kathleen Nadeau

*Living with ADD: A Workbook for Adults with Attention Deficit Disorder* by Susan Roberts & Gerald Jansen

*Delivered from Distraction: Getting the Most out of Life with ADD* by Edward Hallowell & John Ratey

*Driven To Distraction : Recognizing and Coping with Attention Deficit Disorder from Childhood Through Adulthood* by Edward M. Hallowell & John J. Ratey

*Putting the Brakes: Understanding and Taking control of Your ADD or ADHD* by Patricia Quinn, & Judith M. Stern

### **Addiction and Recovery:**

*Alcoholics Anonymous (3<sup>rd</sup> edition)* by Alcoholics Anonymous World Services

*Twelve Steps and Twelve Traditions (2<sup>nd</sup> edition)* by Alcoholics Anonymous World Services

*It Will Never Happen to Me* by Claudia Black (for children and spouses of alcoholics)

*When AA Doesn't Work for You: Rational Steps to Quitting Alcohol* by Albert Ellis & Emmett Velton

*Mindfulness and the 12 Steps: Living Recovery in the Present Moment* by Therese Jacobs-Stewart

*The Addictive Personality: Understanding the Addictive Process and Compulsive Behavior* by Craig Nakken

*Addiction: Why Can't They Just Stop?* by Susan Cheever

*Alcoholics Anonymous - Big Book* Alcoholics Anonymous World Services, Inc.

*Twelve Steps and Twelve Traditions* by Alcoholics Anonymous World Services, Inc.

*End Your Addiction Now: The Proven Nutritional Supplement Program That Can Set You Free* by Charles Gant

*Natural Highs: Supplements, Nutrition, and Mind-Body Techniques to Help You Feel Good All the Time* by Hyla Cass

*Seven Weeks to Sobriety: The Proven Program to Fight Alcoholism through Nutrition* by Joan Mathews Larsen

*Another Chance: Hope and Health for the Alcoholic Family* by Sharon Wegscheider

*Recovery from Addiction: A Comprehensive Understanding of Substance Abuse With Nutritional Therapies for Recovering Addicts and Co-Dependent* by John Finnegan and Daphne

*Women Sex and Adddiction* by Charlotte Davis

*The Psychology of Shame* by Gershen Kaufman

*The Power of Caring* by Gershen Kaufman

**Adult Children of Alcoholics:**

*Too Good for her Own Good* by Claudia Bepko & Jo-Ann Krestan

*Its Never Too Late to Have a Happy Childhood* by Claudia Black

*It Will Never Happen to Me* by Claudia Blac

*My Dad Loves Me, My Dad Has a Disease* by Claudia Black

*Repeat After Me* by Claudia Black

*Once Upon a Time* by Amy Dean

*Broken Bottles Brokem Dreams* by Charles Deutsch

*Healing the Shame that Binds You* by John Bradshaw

*Homecoming: Reclaiming and Championing your Inner Child* by John Bradshaw

*Self-esteem: A Family Affair* by Jean Illsley Clarke & Connie Dawson

*Growing up Again* by Jean Illsley Clarke & Connie Dawson

*Recovery: A guide for Adult Children of Alcoholics* by Herbert Gravitz & Julie Bowden

*A Workbook for Healing Adult Children of Alcoholics* by Patty MacConnell

*Healing The Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families* by Charles L Whitfield

*Adult Children Of Alcoholics* by Janet Wolitz

*Time to Heal, A: The Road to Recovery for Adult Children of Alcoholics* by Timmen L. Cermak, MD.

**Adult Development:**

*Necessary Losses* by Judith Viorst

*Making Peace with your Parents* by Harold Bloomfield

*Toxic Parents: Overcoming their hurtful legacy and reclaiming your life* by Susan Forward

**Anger:**

*The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships* by Harriet Lerner

*Anger: The Misunderstood Emotion* by Carol Tavris

## **Anxiety:**

*The Mindful Way Through Anxiety: Break Free from Chronic Worry and Reclaim Your Life* by Susan M. Orsillo, PhD, Lizabeth Roemer, PhD, & Zindel V. Segal, PhD

*The Mindfulness & Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance & Commitment Therapy* by John P. Forsyth & Georg H. Eifert

*The Anxiety and Phobia Workbook* by Edmund Bourne, PhD

*The Relaxation and Stress Reduction Workbook* by Martha Davis, Elizabeth Eshelman, and Matthew McKay

*Feel the Fear and Do It Anyway* by Susan Jeffers

*The Feeling Good Handbook* by David Burns

*An End to Panic: Breakthrough Techniques for Overcoming Panic Disorder* by Elke Zuercher-White, PhD

*Anxiety Disorders and Phobias: A Cognitive Perspective* by Aaron Beck & Gary Emery

*Calm Energy: How People Regulate Mood with Food and Exercise* by Robert Thayer

*Coping With Anxiety: 10 Simple Ways to Relieve Anxiety, Fear & Worry* by Edmund J. Bourne

*Coping With Anxiety: Integrated Approaches to Treatment* by W. Walter Menninger, MD

*Easing Anxiety and Stress Naturally* by Susan Lark.

*Anxiety and Depression: A Natural Approach* by Shirley Trickett

*Facing Panic* by R. Reid Wilson

*The Food-Mood Solution: All-Natural Ways to Banish Anxiety, Depression, Anger, Stress, Overeating, and Alcohol and Drug Problems--and Feel Good Again* by Jack Challem and Melvyn R. Werbach, MD.

## **Social Anxiety:**

*Taking charge of your social life* by Gambrill, E., & Richey, C.

*How to Talk to Anyone: 92 Little Tricks for Big Success in Relationships* by Leil Lowndes

*Talk to me: Conversation tips for the small-talk challenge* by Honeychurch, C., & Watrous, A.

*The Shyness & Social Anxiety Workbook: Proven, Step-by-Step Techniques for Overcoming Your Fear* by Martin M. Antony and Richard P.

*Managing Social Anxiety: A Cognitive-Behavioral Therapy Approach Client Workbook (Treatments That Work)* by Debra A. Hope, Richard G. Heimberg, Harlan A. Juster, and Cynthia L. Turk

*The Developing Mind: Toward a Neurobiology of Interpersonal Experience* by Dan Siegel

*How to Win Friends & Influence People* by Dale Carnegie

*Seven Habits of Highly Effective People* by Steven R Covey

*The 8th Habit: From Effectiveness to Greatness* by Stephen R. Covey

**Assertiveness/Self Esteem:**

*Your Perfect Right: A guide to Assertive Living* by Robert Alberti & Michael Emmons

*When I Say No, I Feel Guilty* by Manuel Smith

*The Assertiveness Workbook: How to Express Your Ideas and Stand Up for Yourself at Work and in Relationships* by Randy J. Paterson

*How to Be an Assertive (Not Aggressive) Woman in Life, in Love, and on the Job* by Jean Baer

*The Assertive Woman* by Stanlee Phelps and Nancy Austin

*StickUp for Yourself* by Lev Raphael

*Self-Esteem* by Matthew McKay

*Ten Easy Steps to Self-Esteem* by David Burns

*What to Say When You Talk to Yourself* by Shad Helmstetter

*Who Are You and What Do You Want?* by Mick Ukleja & Robert Lorber

### **Borderline Personality Disorder:**

*I Hate You- Don't Leave Me: Understanding Borderline Personality Disorder* by Jerold Kreisman

*Stop Walking on Eggshells: Coping When Someone You Care About Has Borderline Personality Disorder* by Paul Mason

*Lost in the Mirror: An Inside Look at Borderline Personality Disorder* by Richard Moskowitz

*The Angry Heart: Overcoming Borderline Personality Disorder and Addictive Disorders* by Joseph Santoro

*Eclipses: Behind the Borderline Personality Disorder* by Mellissa Ford Thornton

*Borderline Personality Disorder for Dummies*

### **Communication:**

*How Conversational Style Makes or Breaks Relationships* by Deborah Tannen, PhD

*Conversation: How Talk Can Change Our Lives* by Theodore Zeldin

*You Just Don't Understand: Women and Men in Conversation* by Deborah Tannen

### **Co-Dependency:**

*Co-Dependent No More* by Melody Beattie

*Co-Dependent No More Workbook* by Melody Beattie

*Beyond Codependency: And Getting Better all the Time* by Melody Beattie

*Women Who Love Too Much: When You Keep Wishing and Hoping He'll Change* by Robin Norwood

*Love Is a Choice: The Definitive Book on Letting Go of Unhealthy Relationships* by Robert Hemfelt, et al

*Love Is a Choice Workbook* by Robert Hemfelt

*The Struggle for Intimacy* by Janet Wolitz

*Addicted to Misery: The other side of Co-Dependency* by Robert Becker

*Minding the Body, Mending the Mind* by Joan Borysenko

### **Couples and Divorce:**

*Uncoupling: Turning Points in Intimate Relationships* by Diane Vaughn

*The Five Love Languages: How to Express Heartfelt Commitment to Your Mate* by Gary Chapman

*Getting the Love You Want* by Harville Hendrix PhD

*Keeping the Love You Find: A Personal Guide* by Harville Hendrix PhD

*Receiving Love: Transform Your Relationship by Letting Yourself be Loved* by Harville Hendrix PhD & Helen LaKelly Hunt, PhD

*The Divorce Decisions Workbook: A Planning and Action Guide* by Margorie L. Engel & Diana D. Gould

*Crazy Time: Surviving Divorce and Building a New Life* by Abigail Trafford

*The Road Less Travelled: A New Psychology of Love, Traditional Values and Spiritual Growth* by M. Scott Peck, M.D.

*Sex Smart: How Your Childhood Shaped Your Sex Life and What to Do About It* by Aline P. Zoldbrod, PhD

*Step Family Life Can be Hell, but It Doesn't Have to Be: 7 Steps to Recreating Family* by Annette T. Brandes, PhD

*The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert* by John Gottman, PhD

*Why Marriages Succeed or Fail: And How You Can Make Yours Last* by John Gottman, PhD

*The Dance of Intimacy: A Woman's Guide to Courageous Acts of Change in Key Relationships* by Harriet Lerner

*The Good Marriage* by Wallerstine & Blakeslee

*Boundaries* by Cloud and Townson

*Why Can't You Read My Mind? Overcoming the 9 Toxic Thought Patterns that Get in the Way of a Loving Relationship* by Jeffrey Bernstein

*We Can Work It Out: How to Solve Conflicts, Save Your Marriage* by C. Notarius & Howard Markman

*After the Affair: Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful* by Janis Abrahms Spring, Ph.D.

*Should You Leave? A Psychiatrist Explores Intimacy and Autonomy - and the Nature of Advice* by Peter D. Kramer

*Conscious Loving: The Journey to Co-Commitment: A Way to Be Fully Together Without Giving Up Yourself* by Gay Hendricks, Ph.D., & Kathlyn Hendricks

*You Just Don't Understand* by Deborah Tannen

*The Mirages of Marriage* by William Lederen Don Jackson



*Love Is Never Enough: How Couples Can Overcome Misunderstandings, Resolve Conflicts, and Solve* by Aaron T. Beck

*Men Are from Mars, Women Are from Venus: The Classic Guide to Understanding the Opposite Sex* by John Gray

*Spiritual Divorce: Divorce as a Catalyst for an Extraordinary Life* by Debbie Ford

*Too Good to Leave, Too Bad to Stay: A Step-by-Step Guide to Help You Decide Whether to Stay In or Get Out of Your Relationship* by Mira Kirshenbaum

*Happily Ever After: Walking with Peace and Courage Through a Year of Divorce* by Kristin Armstrong

**Depression/Bipolar Disorder:**

*The Depression Workbook: A Guide for Living with Depression and Bipolar* by Mary Ellen Copeland

*You Can Feel Good Again: Common Sense Strategies for Releasing Unhappiness and Changing your Life* by Richard Carlson, PhD

*Don't Sweat the Small Stuff...and It's All Small Stuff* by Richard Carlson, PhD

*How to Cope with Depression: A Complete Guide for You and Your Family* by J.R. Depaulo

*Mayo Clinic on Depression: Answers to Help You Understand, Recognize and Manage Depression* by Keith Kramlinger, M.D.

*Breaking the Patterns of Depression* by Michael D. Yapko

*The Feeling Good Handbook* by David Burns

*Bipolar Disorder: A Guide for Patients and Families* by Francis Mondimore, M.D.

*New Hope for People with Bipolar Disorder* by Jan Fawcett, M.D.

*An Unquiet Mind* by Kay Redfield

*Touched With Fire: Manic-Depressive Illness and the Artistic Temperament* by Kay Redfield Jamison

*The Mindfulness & Acceptance Workbook for Depression: Using Acceptance & Commitment Therapy to Move Through Depression and Create a Life Worth Living* by Kirk D. Strosahl & Patricia J. Robinson

*The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness* by Mark Williams, John Teasdale, Zindel Segal and Jon Kabat-Zinn (mindfulness-based CBT)

*The Depression Workbook: A Guide for Living with Depression & Manic Depression, Second Edition* by Mary Ellen Copeland, Matthew McKay

*Dealing with Depression Naturally: Alternatives and Complementary Therapies for Restoring Emotional Health* by- Syd Baumel

*Your Depression Map: Find the Source of Your Depression and Chart Your Own Recovery* by Randy J., Ph.D. Paterson

*The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being* by- Dan Siegel

*You Can Beat Depression* by J Preston

*Listening to Prozac* by PD Kramer

*Depression-Free for Life: A Physician's All-Natural, 5-Step Plan* by Gabriel Cousens

*The Food Allergy Cure: A New Solution to Food Cravings, Obesity, Depression, Headaches, Arthritis, and Fatigue* by Ellen Cutler

*The Food and Mood Handbook: Find Relief at Last from Depression, Anxiety, PMS, Cravings and Mood Swings* by Amanda Geary

*I Don't Want to Talk About It: Overcoming the Secret Legacy of Male Depression* by Terrence Real

*Undoing Depression: What Therapy Doesn't Teach You and Medication Can't Give You* by Richard O'Connor, PhD.

*Unstuck: Your Guide to the Seven Stage Journey Out of Depression* (published by The Penguin Press; June 2008)

*User's Guide to Natural Remedies for Depression* by Linda Knittel

*When Words Are Not Enough: The Women's Prescription for Depression and Anxiety* by Valerie Davis Raskin, MD

*Living Well with Depression and Bipolar Disorder: What Your Doctor Doesn't Tell You...That You Need to Know* by John Mcmanamy

*The Bipolar Workbook: Tools for Controlling Your Mood Swings* by Monica Ramirez Basco

*The Bipolar Disorder Survival Guide: What You and Your Family Need to Know* by David J. Miklowitz

*Call Me Anna: The Autobiography of Patty Duke* by Patty Duke and Kenneth Turan

*The Food-Mood-Body Connection: Nutrition-Based and Environmental Approaches to Mental Health and Physical Wellbeing* by Gary Null and Louise Bernikow

*The Mood Cure* by Julia Ross

*Take Charge of Bipolar Disorder: A 4-Step Plan for You and Your Loved Ones to Manage the Illness and Create Lasting Stability* by Julie A Fast

*Cognitive-Behavioral Therapy for Bipolar Disorder* by Monica Ramirez Basco, A. John Rush

**Eating Disorders/Body Image:**

*Disappearing Persons: Shame and Appearance* by Ben Kilbourne

*The Eating Disorder Sourcebook* by Carolyn Costin.

*Improve Your Mood with Food: A Guide to Fighting Fatigue, Anxiety, Stress, and Depression Through Food* by Alexandra Massey & Anita Bean

*Conscious Eating* by Gabriel Cousens

*Nutrition Counseling in the Treatment of Eating Disorders* by Marcia Herrin

*Nutrition And Eating Disorders* by Lori A. Smolin, Mary B. Grosvenor, Richard J. Deckelbaum, M.D., & Robert R. Williams

*Nutrition for Recovery: Eating Disorders* by Kathryn Reicher

*The Psychology of Eating: From Healthy to Disordered Behavior* by Jane Ogden

*When Food Is Love: Exploring The Relationship Between Eating and Intimacy* by Geneen Roth

**GLBT Issues:**

*Fire in the Belly* by Sam Keen

*Crisis: 40 Stories Revealing the Personal, Social, and Religious Pain and Trauma of Growing Up Gay in America* by Mitchell Gold and Mindy Drucker

*Lesbian, Gay, and Bisexual Identities in Families: Psychological Perspectives* by Charlotte J. Patterson & Anthony R. D'Augelli

*Lesbian, Gay, and Bisexual Identities over the Lifespan: Psychological Perspectives* by Anthony R. D'Augelli & Charlotte J. Patterson

*Understanding Sexual Identity: A Book for Gay and Lesbian Teens and Their Friends* by Janice E. Rench

*Straight Acting: Gay Men, Masculinity and Finding True Love* by Angelo Pezzote

*Gay and Lesbian Rights, 2E: A Guide for GLBT Singles, Couples and Families* by Brette McWhorter Sember

*Permanent Partners: Building Gay and Lesbian Relationships That Last* by Betty Berzon

**Grief/Loss:**

*A Time to Grieve* by Carol Staudacher

*How to Survive the Loss of a Love* by Melba Colgrove, Harold Bloomfield, & Peter McWilliams

*Getting Back to Life When Grief Won't Heal* by Phyllis Kominsky, Ph.D.

*The Worst Loss - How Families Heal From the Death of a Child* by Barbara D. Rosof

*Death: The Final Stage of Growth* by Elisabeth Kubler-Ross

*How to Survive the Loss of a Love* by Melba Colgrove , Harold H. Bloomfield, and Peter McWilliams

*I Remember You: A Grief Journal* by Laynee Gilbert

*Living Beyond Loss: Death in the Family* by Froma Walsh & Monica McGoldrick

*The Mourning Handbook: A Complete Guide for the Bereaved* by Helen Fitzgerald

*On Death and Dying: What the Dying Have to Teach Doctors, Nurses, Clergy and Their Own Families* by Elisabeth Kubler-Ross

*Precious Companion: A Book of Comfort and Remembrance After the Loss of a Pet* by Laynee Gilbert

*Silent Grief: Living in the Wake of Suicide* by Christopher Lukas & Henry M. Seiden

*Starting Over: Help For Young Widows & Widowers* by Adele Rice Nudel

*Tuesdays with Morrie: An Old Man, A Young Man, and Life's Greatest Lesson* by Mitch Albom

*When Life Becomes Precious: A Guide for Loved Ones and Friends of Cancer Patients* by Elise NeeDell Babcock

*Unspeakable Losses: Understanding the Experience of Pregnancy Loss, Miscarriage, and Abortion* by Kim Kluger-Bell

**Hoarding:**

*Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding* by David F. Tolin, Randy O. Frost, & Gail Steketee

**Meditation for Stress/Relaxation/Pain:**

*The Relaxation Response* by Herbert Benson

*Beyond the Relaxation Response* by Herbert Benson

*Mindfulness for Beginners* by Jon Kabat-Zinn

*Arriving at Your Own Door: 108 Lessons in Mindfulness* by Jon Kabat-Zinn

*Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness* by Jon Kabat-Zinn

*Mindfulness Meditation for Pain Relief: Guided Practices for Reclaiming Your Body and Your Life* (audio CD) by Jon Kabat-Zinn

*Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life* by Jon Kabat-Zinn

**Self Harm/ Cutting:**

*Bodily Harm: The Breakthrough Healing Program for Self-Injurers* by Karen Contario

*Cutting: Understanding and Overcoming Self Mutilation* by Steven Levenkron

**Spirituality:**

*The Road Less Traveled* by Scott F Peck

*Man's Search for Meaning* by Victor Frankl

*The Art of Happiness* by Holiness Dalai Lama

*The Secret* by Rhonda Byrne

*The Complete Conversations with God* by Neale Donald Walsch

*The Care of the Soul* by Thomas Moore

*The Resilient Self - How survivors of troubled families rise above adversity* by Steve Wolin and Sybil Wolin

*The Monk who sold his Ferrari* by Robin Sharma

*Discover your Destiny* by Robin Sharman

*The Happiness Trap* by Russ Harris

*Learned Optimism* by Martin Seligman

*When Things Fall Apart* by Pema Chodron

*The Alchemist* by Paulo Coelho & Alan Clarker

*The Zahir* by Paulo Coelho

*The Tao of Pooh* by Howard Cutler

*The Celestine Prophecy* by James Redfield

*Ageless Body Timeless Mind* by Deepak Chopra

*Autobiography of a Yogi* by Paramahansa Yogananda

*Where There is Light* by Paramahansa Yogananda

*Spiritual Nutrition: Six Foundations for Spiritual Life and the Awakening of Kundalini*  
by Gabriel Cousens

**Trauma/Sexual Abuse/Domestic Violence:**

*The Courage to Heal* by Ellen Bass & Laura Davis

*The Battered Woman* by Lenore Walker

*Recovering from Rape* by Linda Ledray

*Victims No Longer: Men Recovering from Incest and Other Sexual Abuse* by Mike Lew

*Outgrowing the Pain: A Book for and About Adults Abused as Children* by Eliana Gil

*I Can't Get Over It: A Handbook for Trauma Survivors* by Aphrodite Matsakis

*Speak* by Laurie Halse Anderson (date rape/trauma for teens)

*Courage to Heal, The: A Guide for Women Survivors of Child Sexual Abuse* by Ellen Bass and Laura Davis

*Trauma and Recovery* by Judith Herman

*The Inner Child Workbook: What to do with your past when it just won't go away* by Cathryn L. Taylor

*Healing the Trauma of Abuse: A Woman's Workbook* by Mary Ellen Copeland and Maxine Harris

*Healing the Trauma of Domestic Violence: A Workbook for Women (New Harbinger Self-Help Workbook)* by Edward S., Ph.D. Kubany, Mari A. McCaig, & Janet R. Laconsay

*Healing the Incest Wound: Adult Survivors in Therapy* by Christine A. Courtois

*Dynamics of Power* by Lev Raphael

*Abused Men: The Hidden Side of Domestic Violence* by Philip W. Cook

*The Ones Who Got Away* by Ginny NiCarthy



*Aching for Love: the Sexual Drama of the Adult Child, Healing Strategies* by Mary Ann Klausner

*The Emotionally Abusive Relationship* by Beverly Engel

*Allies in Healing: When the Person You Love Was Sexually Abused as a Child* by Laura Davis

*Betrayal of Innocence: Incest and Its Devastation* by Susan Forward & Craig Buck

*Father-Daughter Incest* by Judith Lewis Herman.

*Female Sexual Abuse of Children* by Michele Elliott

*I Never Told Anyone: Writings by Women Survivors of Child Sexual Abuse* by Ellen Bass & Louise Thornton

*The Me Nobody Knows: A Guide for Teen Survivors* by Barbara Bean & Shari Bennett

*The Right to Innocence: Healing the Trauma of Childhood Sexual Abuse* by Beverly Engel

*Secret Survivors: Uncovering Incest and Its Aftereffects in Women* by E. Sue Blume

*The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment* by Babette Rothschild

*CD's Health Journeys: Guided Imagery for the Three Stages of Healing Trauma--Nine Meditations for Posttraumatic Stress* by Belleruth Naparstek

*Dialectical Behavior Therapy Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation, & Distress Tolerance*

## **FOR PARENTS:**

### **ADD/ADHD:**

*Driven To Distraction : Recognizing and Coping with Attention Deficit Disorder from Childhood Through Adulthood* by Edward M. Hallowell & John J. Ratey

*Putting the Brakes: Understanding and Taking control of Your ADD or ADHD* by Patricia Quinn, & Judith M. Stern

*The "Putting on the Brakes" Activity Book for Young People with ADHD* by Patricia Quinn, & Judith M. Stern.

*50 Activities and Games for Kids with ADHD* by Patricia Quinn & Judith M. Stern

*Survival Guide for College Students with ADHD or LD* by Kathleen Nadeau

*Learning to Slow Down and Pay attention: A book for kids with by ADHD* Kathleen Nadeau & Ellen Dixon

*Learning to Slow Down and Play* by Kathleen Nadeau

*Annie's Plan: Taking Charge of Schoolwork and Homework* by Jeanne Kraus

*Taking Charge of ADHD: The Complete, Authoritative Guide for Parents* by Russell Barkley, Ph.D

*Helping Your ADD Child: Hundreds of Practical Solutions For Parents and Teachers of Children and Teens* by John Taylor & John, Prima

*The ADHD Parenting Handbook: Practical Advice for Parents from Parents* by Collen Alexander-Roberts

*Educational Care a System For Understanding and Helping Children With Learning Problems at Home and in School* by Mel Levine

*The ADD Book, New Understandings, New Approaches to Parenting Your Child* by William Sears & Lynda Thomson

*Unlocking potential: College and other choices for people with LD and AD/HD* by Taymans, J.M., & West, L.L., Sullivan, M. (Eds)

*Parenting Children With ADHD: 10 Lessons That Medicine Cannot Teach* by Vincent J., Ph.D. Monastra

*10 Days to a Less Distracted Child: The Breakthrough Program that Gets Your Kids to Listen, Learn, Focus, and Behave* by Jeffrey Bernstein

*10 Days to a Less Defiant Child: The Breakthrough Program for Overcoming Your Child's Difficult Behavior* by Jeffrey Bernstein

### **Anxiety in Children:**

*Helping Your Anxious Child* by Ron Rapee

*Worried No More: Help and Hope for Anxious Children* by Aureen Wagner, PhD

*Freeing Your Child from Anxiety: Powerful, Practical Solutions to Overcome Your Child's Fears, Worries, and Phobias* by Tamar E. Chansky

*Raising An Emotionally Intelligent Child* by John Gottman, Joan Declaire, and Daniel Goleman

*The Anxiety Cure for Kids: A Guide for Parents* by Elizabeth DuPont Spencer

### **Divorce/kids**

*Helping Your Kids Cope with Divorce the Sandcastles Way* by M. Gary Neuman

*Divorce Poison: Protecting the Parent-Child Bond from a Vindictive Ex* by Richard A. Warshak

### **Grief:**

*Helping Children Cope with the Loss of Loved On: A Guide for Grownups* by William Kroen

*Lifetimes: The Beautiful Way to Explain Death to Children* by Bryan Mellonie & Robert Ingpen

*Children of Grief: When a Parent Dies* by William Worden

**Mood Disorders in Children:**

*The Bipolar Child: The Definitive and Reassuring Guide to Childhood's Most Mistunderstood Disorder* by Demitri Papolos

**Parenting:**

*SOS: Help for Parents* by Lynn Clark, PhD

*Little People: Guidelines for Common Sense Child Rearing* by Edward Christopherson

*Happiest Toddler on the Block: How to Eliminate Tantrums and Raise a Patient, Respectful, and Cooperative One-to-Four-Year-Old: Revised Edition* by Harvey Karp

*Helping Your Kids Cope with Divorce the Sandcastles Way* by M. Gary Neuman & Patricia Momanowski

*Active Parenting Now* by Michael H. Popkin

*Active Parenting of Teens* by Michael H. Popkin

*To Listen to a Child* by T. Berry Brazelton

*Toddlers and Parents* by T. Berry Brazelton

*Nurturing Good Children Now* by Ron Taffel

*Parenting from the Inside Out* by Daniel Siegel & Mary Hartzell

*Connection Parenting: Parenting Through Connection Instead of Coersion, Through Love Instead of Fear, 2<sup>nd</sup> Edition* by Pam Leo

*The Parent You Want to Be: Who You Are Matters More Than What You Do* by Les & Leslie Parrott

*1-2-3 Magic: Effective Discipline for Children 2-12* by Thomas W. Phelan

*1-2-3 Magic for Christian Parents: Effective Discipline for Children 2-12* by Thomas W. Phelan & Chris Webb

*How to Talk So Kids Will Listen & Listen So Kids Will Talk* by Adele Faber and Elaine Mazlish

*How to Talk So Teens Will Listen and Listen So Teens Will Talk* by Adele Faber & Elaine Mazlish

*Get Out of My Life, but First Could You Drive Me & Cheryl to the Mall: A Parent's Guide to the New Teenager* by Anthony E. Wolf

*Staying Connected to Your Teenager: How to Keep Them Talking to You and How to Hear What They're Really Saying* by Michael Riera

*Girl Wars: 12 Strategies That Will End Female Bullying* by Cheryl Dellasega & Charisse Nixon

*Why is Everybody Always Picking on Me* by Terrence Webster-Doyle

*Reviving Ophelia: Saving the Selves of Adolescent Girls* by Mary Pipher & Ruth Ross

*You Can't Scare Me--I Have a Teenager!/: A Parent's Basic Survival Guide* by Thomas Stacy & David Gold

*Choices and Consequences: What to Do When a Teenager Uses Alcohol/Drugs* by Dick Schaefer

*Parenting Your Out-of-Control Teenager: 7 Steps to Reestablish Authority and Reclaim Love* by Scott P. Sells

*Teens Under the Influence: The Truth About Kids, Alcohol, and Other Drugs - How to Recognize the Problem and What to Do About It* by Katherine Ketcham

*Clean: A New Generation in Recovery Speaks Out* by Chris Beckman

## **FOR CHILDREN:**

### **Acceptance:**

*Even if I Did Something Awful* by Barbara Shook Hazen (preschool- 2<sup>nd</sup>)

*Mama, Do You Love Me?* By Barbara M. Joose (preschool-elementary)

### **ADD/ADHD:**

*The "Putting on the Brakes" Activity Book for Young People with ADHD* by Patricia Quinn, & Judith M. Stern

*50 Activities and Games for Kids with ADHD* by Patricia Quinn & Judith M. Stern

*Survival Guide for College Students with ADHD or LD* by Kathleen Nadeau

*Learning to Slow Down and Pay attention: A book for kids with by ADHD* Kathleen Nadeau & Ellen Dixon

*Learning to Slow Down and Play* by Kathleen Nadeau

*Annie's Plan: Taking Charge of Schoolwork and Homework* by Jeanne Kraus

### **Adoption/ Foster Care:**

*Goose* by Molly Bang (pre school +)

*Nobody's Cat* by Barbara M. Joose (preschool-elementary)

*Mommy Far, Mommy Near* by Carol Peacock

*McDuff Moves In* by Rosemary Wells

*Maybe Days* by Jennifer Wilgocki & Marcia Kahn Wright (elementary +)

### **Anger:**

*What to Do When Your Temper Flares: A Kid's Guide to Overcoming Problems with Anger* by Dawn Huebner & Bonnie Matthews

*Angry Monster Workbook* by Hennie Shore

*When Sophie Gets Angry* by Molly Bang (preschool- 2<sup>nd</sup> grade)

*Contrary Bear* by Phyllis Root (preschool)

**Anxiety/Fears:**

*What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety* by Dawn Huebner & Bonnie Matthews

*Franklin in the Dark* by Paulette Bourgeois & Brenda Clark

*David and the Worry Beast* by Anne Marie Guanci (elementary school)

*Where the Wild Things Are* by Maurice Sendak

*Up and Down the Worry Hill* by Aureen Pinto Wagner (OCD; elementary)

*When My Worries Get Too Big! A Relaxation Book for Children Who Live with Anxiety* by Kari Dunn Buron

**Behavior:**

*The Piggy in the Puddle* by Charlotte Pomerantz (preschool, elementary)

**Bullying:**

*Simon's Hook: A Story About Teases and Put-Downs* by Karen Gedig Burnett

**Depression:**

*Can I Catch it Like a Cold* by Center for Addiction and Mental Health (parental depression; elementary school)

**Divorce:**

*Dinosaurs Divorce: A Guide for Changing Families* by Laurene Brown & Marc Brown

*The Boys and Girls Book about Divorce* by Richard Gardner

*Little Bunnies Say Goodbye to Birth Mom* by Sherri Malloy (termination of parental rights; preschool-3<sup>rd</sup>)

*Two Homes* by Claire Masurel and Kady Macdonald Denton

*KoKo Doll Divorce Book Package* by Vicki Lansky, Jane Prince, and Vicki L. Lansky

*Let's Talk About It: Divorce* by Fred Rogers

*Divorce Happens to the Nicest Kids: A Self Help Book for Kids* by Michael S. Prokop

*The Way I Feel* by Janan Cain

*Fred Stays With Me!* By Nancy Coffelt

*Divorce is Not the End of the World: Coping Guide for kids* by Zoe Stern, Ellen Sue and Evan Stern

**Abuse/Domestic Violence:**

*Something is Wrong at My House* by Diane Davis (elementary school)

*Why Does He Do That? Inside the Minds of Angry and Controlling Men* by Lundy Bancroft

*Terrible Thing Happened - A story for children who have witnessed violence or trauma*

**Emotions:**

*Double Dip Feelings: Stories to Help Children Understand Emotions* by Barbara S. Cain & Anne Patterson

*I'm Frustrated* Elizabeth Crary (preschool-3<sup>rd</sup>; one in a series)

*The Hurt* by Teddi Doleski (preschool +)

*The Anti-Coloring Book* by Susan Striker (all ages)

*Alexander and the Terrible, Horrible, No Good, Very Bad Day* by Judith Viorst

**Grief/loss:**

*The Blue Boy* by Martin Auer & Simone Klager (upper elementary/middle school)

*Follow the Moon* by Sarah Weeks

**Individuality:**



*The Big Orange Splot* by David Pinkwater (all ages)

**Parents as Resource:**

*Hazel's Amazing Mother* by Rosemary Wells

**Separation:**

*Don't Forget to Come Back* by Robie H. Harris (preschool/elementary)

*The Kissing Hand* by Audrey Penn

**Sexual Abuse/Trauma/Date Rape:**

*A Very Touching Book...for Little People and for Big People* by Jan Hindman & Tom Novak

*Brave Bart: A Story for Traumatized and Grieving Children* by Caroline H. Sheppard

*Speak* by Laurie Halse Anderson (high school)

*It Happened to Me* by William Lee Carter (high school)

**Shyness/Teasing:**

*Shrinking Violet* by Carl Best (preschool-3<sup>rd</sup> grade)

**Stress/Relaxation:**

*Moss Pillows* by Rosemary Wells (preschool-2<sup>nd</sup>)

*Cool Cats, Calm Kids* by Mary Williams (elementary)

**FOR THERAPISTS:**

*Mindfulness-Based Cognitive Therapy for Depression: A New Approach to Preventing Relapse* by Zindel V. Segal, PhD, J. Mark G. Williams, & John D. Teasdale

*Mindfulness and Psychotherapy* by Christopher Germer, PhD; Ronald Siegel, PsyD; & Paul Fulton, EdD

*The Art and Science of Mindfulness: Integrating Mindfulness into Psychology and the Helping Professions* by Shauna L. Shapiro, Linda E. Carlson, PhD, and Jon Kabat-Zinn

*Managing Social Anxiety: A Cognitive-Behavioral Therapy Approach Therapist Guide (Treatments That Work)* by Debra A. Hope, Richard G. Heimberg, and Cynthia L. Turk (Paperback - April 6, 2006)

*The Healing Power of Play: Working with Abused Children* by Eliana Gil

## **WEB RESOURCES/LINKS:**

### **Eating Disorders:**

The Renfrew Center Foundation: [www.renfrew.org](http://www.renfrew.org)

National Eating Disorders Association: [www.edap.org](http://www.edap.org)

The Something Fishy Website on Eating Disorders: [www.something-fishy.org](http://www.something-fishy.org)

Gurze Books: [www.bulimia.com](http://www.bulimia.com)

Eating Disorders Anonymous: [www.eatingdisordersanonymous.org](http://www.eatingdisordersanonymous.org)

Overeaters Anonymous: [www.oa.org](http://www.oa.org)

### **Abusive Relationships:**

Recognize symptoms of abuse:

[www.youarenotcrazy.com](http://www.youarenotcrazy.com)

<http://www.lilaclane.com/relationships/emotional-abuse/>

Domestic Violence and Incest Resource Center: [www.dvrcv.com](http://www.dvrcv.com)

[www.verbalabuse.com](http://www.verbalabuse.com)

For teens struggling with an abusive relationship: [www.burstingthebubble.com](http://www.burstingthebubble.com)

For abused men and women: <http://www.heart-2-heart.ca/>

### **Alcohol/Substance Abuse:**

Alcoholics Anonymous: [www.aa.org](http://www.aa.org)

Narcotics Anonymous: [www.na.org](http://www.na.org)

Marijuana Anonymous: [www.ma-online.org](http://www.ma-online.org)

**Parenting:**

Intervention Central: [www.interventioncentral.org](http://www.interventioncentral.org)