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 Particia Quinn, & Judith M. Stern

Addiction and Recovery:

*Alcoholics Anonymous (3rd edition)* by Alcoholics Anonymous World Services

*Twelve Steps and Twelve Traditions (2nd 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 Addiction 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

It's Never Too Late to Have a Happy Childhood by Claudia Black

It Will Never Happen to Me by Claudia Black

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 Broken 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 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.


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 Moskovitz

*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 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 Temperment by Kay Redfield Jamison

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


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.

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


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


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)


*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 Particia Quinn, & Judith M. Stern

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

*50 Activities and Games for Kids with ADHD* by Particia 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 ADHD* by 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, 2nd Edition by Pam Leo


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- 2nd)

*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 Particia Quinn, & Judith M. Stern

*50 Activities and Games for Kids with ADHD* by Particia 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 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- 2nd 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:**


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-3rd)

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-3rd; 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-3rd grade)

Stress/Relaxation:

Moss Pillows by Rosemary Wells (preschool-2nd)

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


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

WEB RESOURCES/LINKS:

Eating Disorders:

The Renfrew Center Foundation:  www.renfrew.org

National Eating Disorders Association:  www.edap.org

The Something Fishy Website on Eating Disorders:  www.something-fishy.org

Gurze Books:  www.bulimia.com

Eating Disorders Anonymous:  www.eatingdisordersanonymous.org

Overeaters Anonymous:  www.oa.org

Abusive Relationships:

Recognize symptoms of abuse:  www.youarenotcrazy.com

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

Domestic Violence and Incest Resource Center:  www.dvrcv.com

www.verbalabuse.com

For teens struggling with an abusive relationship:  www.burstingthebubble.com

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

Alcohol/Substance Abuse:

Alcoholics Anonymous:  www.aa.org
Narcotics Anonymous:  www.na.org

Marijuana Anonymous:  www.ma-online.org

**Parenting:**

Intervention Central:  www.interventioncentral.org