

Recommended Reads

Depression

- *Addicted to the Monkey Mind: Change the Programming That Sabotages Your Life* - J.F. Benoit
- *Mind Over Mood, Second Edition: Change How You Feel by Changing the Way You Think* - Dennis Greenberger, Ph.D. and Christine A. Padesky, Ph.D.
- *Mindset: The New Psychology of Success* - Carol Dweck, Ph.D.
- *Change Your Brain, Change Your Life* - Daniel Amen, M.D.
- *Feeling Great: The Revolutionary New Treatment for Depression and Anxiety* – David Burns, M.D.

Attention Deficit Hyperactivity Disorder (ADHD)

- *Driven to Distraction* - Edward M. Hallowell, M.D, and John J. Ratey, M.D.
- *What Your ADHD Child Wishes You Knew: Working Together to Empower Kids for Success in School and Life* – Dr. Sharon Saline
- *My Brain Needs Glasses* – Annick Vincent

Dialectical Behavior Therapy (DBT)

- *Calming the Emotional Storm* - Sheri Van Dijk
- *The Self-Compassion Workbook for Teens: Mindfulness and Compassion Skills to Overcome Self-Criticism and Embrace Who You Are* - Karen Bluth & Kristin Neff.

Suicide and Loss

- *Myths about Suicide* – Thomas Joiner
- *Why People Die by Suicide*- Thomas Joiner
- *On Grief and Grieving – Finding the Meaning of Grief Through the Five Stages of Loss* – Elisabeth Kubler-Ross, M.D. and David Kessler
- *Finding Meaning – The Sixth Stage of Grief* – David Kessler
- *I Wasn't Ready to Say Goodbye – Surviving, Coping & Healing After the Sudden Death of a Loved One* – Brook Noel & Pamela D. Blair, Ph.D.

Marriage

- *Hold Me Tight* - Dr. Sue Johnson
- *Married Roommates: How to Go From a Relationship That Just Survives to a Marriage That Thrives* – Talia Wagner & Allen Wagner
- *The 5 Love Languages* – Gary Chapman

Shame

- *Daring Greatly* - Brene Brown

- *The Gifts of Imperfection* - Brene Brown
- *The Happiness Trap* - Russ Harris
- *The Confidence Gap* - Russ Harris
- *Self-Compassion* - Kristen Neff
- *Healing the Shame that Binds You* - John Bradshaw

Borderline Personality

- *The Buddha and the Borderline* - Kiera Van Gelder
- *I Hate You – Don't Leave Me* – Jerold J. Kreisman, M.D. & Hal Straus
- *Borderline Personality Disorder in Adolescents – A Complete Guide for Families* – Blaise Aguirre, M.D.

Anxiety & Stress

- *Things Might Go Terribly, Horribly Wrong: A Guide to Life Liberated from Anxiety* - Kelly G. Wilson, Ph.D. & Troy Dufrene
- *Don't Sweat the Small Stuff ... and It's All Small Stuff* - Richard Carlson, Ph.D.
- *Why Zebras Don't Get Ulcers – The Acclaimed Guide to Stress, Stress-Related Diseases, and Coping* – Robert M. Sapolsky

Parenting

- *Positive Discipline* – Dr. Jane Nelson
- *No Drama Discipline* - Dr. Daniel Siegel
- *Honey I Wrecked the Kids: When Yelling, Screaming, Threats, Bribes, Time-outs, Sticker Charts, and Removing Privileges All Don't Work* - Alyson Schafer
- *Breaking the Good Mom Myth: Mom's Guide to Getting Past Perfection, Regaining Sanity, and Raising Great Kids* - Alyson Schafer
- *Ain't Misbehavin': Tactics for Tantrums, Meltdowns, Bedtime Blues, and Other Normal Kid Behaviors* - Alyson Schafer
- *How to Raise an Adult* – Julie Lythcott-Haims
- *The Gift of Failure* – Jessica Lahey
- *Scaffold Parenting* – Harold S. Koplewicz, M.D.

PTSD & Trauma

- *The Body Keeps the Score* - Bessel Van der Kolk, M.D.
- *It Didn't Start With You* - Mark Wolynn
- *What Happened to You?* - Oprah Winfrey and Dr. Bruce D. Perry

Digital Citizenship

- *Light, Bright and Polite 1: Professionals* – Josh Ocha
- *Light, Bright and Polite 2: Parents/Teens* – Josh Ocha
- *Light, Bright and Polite 3: Teens/Young Adults* – Josh Ocha