

Recommended Parenting Books

- “How to Talk So Your Kids Will Listen & Listen So Kids Will Talk” by Adele Faber and Elaine Mazlish
- “The Relaxation and Stress Reduction Workbook for Kids” by L. Shapiro and R. Sprague
- “No Drama Parenting” by Siegel and Bryson
- “How to Behave, So your Children Will Too” By Sal Severe
- “Screamfree Parenting: The Revolutionary Approach to Raising Your Kids by Keeping Your Cool” by Hal Edward Runkel
- “Quiet” by Susan Cain
- “Raising Your Spirited Child” by Mary Sheedy Kurcinka
- “The Anxiety and Phobia Workbook”
- “Mind Over Mood Workbook” by Edmond Bourne
- “Feeling Good” by David Burns
- Books by Siegel (parenting)
- Books by Barbara Coloroso (parenting)
- Books by Jon Kabut-Zinn (mindfulness)
- “The Kissing Hands Book” by Audrey Penn
- “The Stress Reduction Workbook for Teens” By Gina Biegel
- “The Anxiety Workbook for Teens” by Lisa Schab
- “Positive Parenting Your Teens” by Joslin and Decher
- “Playing with Anxiety: Casey’s Guide for teens and Kids” by Reid Wilson and Lynn Lyons



Your Health, Your Team, Your Community