

Helpful Resources

Life Satisfaction:

“The Happiness Hypothesis” by Jonathan Haidt

“Play” by Stuart Brown

“Mindset” by Carol Dweck

Learning Differences:

“Your Child’s Strengths” by Jennifer Fox

“Lost at School” by Ross Greene

“Learning Outside the Lines” by Jonathan Mooney & David Cole

Stress and Anxiety:

“Why Zebras Don’t Get Ulcers” by Robert Sapolsky

“Don’t Panic, Third Edition: Taking Control of Anxiety Attacks” by Reid Wilson

“Stop Obsessing!: How to Overcome Your Obsessions and Compulsions (Revised Edition)” by Edna Foa and Reid Wilson

“Keys to Parenting Your Anxious Child” by Katharina Manassis

“What to Do When You’re Scared & Worried” by James Crist (written for children)

Relationships and Marriage

“The Three Marriages: Reimagining Work, Self, and Relationship” by David Whyte

“A Couples Guide to Communication” by John Gottman

“Getting the Love You Want” by Harville Hendrix

“Rekindling Desire” by Barry McCarthy and Emily McCarthy

“The Parents Book About Divorce” by Richard Gardner

Attention-Deficit/Hyperactivity Disorder

“Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood Through Adulthood” by Edward Hallowell and John Ratey

“Superparenting for ADD: An Innovative Approach to Raising Your Distracted Child” by Edward Hallowell and Peter Jensen

“Taking Charge of ADHD, Revised Edition: The Complete, Authoritative Guide for Parents” by Russell Barkley

“Putting on the Brakes” by Patricia Quinn and Judith Stern (written for children)

“Learning to Slow Down and Pay Attention” by Kathleen Nadeau and Ellen Dixon (written for children)

Behavioral Challenges

“The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children” by Ross Greene

“Your Defiant Child: Eight Steps to Better Behavior, 2nd Edition” by Russell Barkley and Christine Benton

“Your Defiant Teen: 10 Steps to Resolve Conflict and Rebuild Your Relationship” by Russell Barkley and Arthur Robin and Christine Benton

“1-2-3 Magic” by Thomas Phelan

Autism Spectrum Disorder

“Asperger’s Rules!: How to Make Sense of School and Friends” by Blythe Grossberg (written for children)

Asperger Syndrome and Difficult Moments: Practical Solutions for Tantrums, Rage, and Meltdowns” by Brenda Smith Myles and Jack Southwick

“The Complete Guide to Asperger’s Syndrome” by Tony Attwood

LGBTQ

“The Transgender Child: A Handbook for Families and Professionals” by Stephanie Brill and Rachel Pepper

“The Transgender Teen: A Handbook for Parents and Professionals Supporting Transgender and Non-Binary Teens” by Stephanie Brill and Lisa Kenney