



## Mental & Behavioral Health: Recommended Reading Material

Disclaimer: DSP does not promote, endorse, or preview all books.  
We are providing only as recommendations for self-help purposes.

### ADHD/ADD

Taking Charge of ADHD by Russell Barkley: recommended to better understand the nuances and strategies regarding ADHD management.

The Family ADHD Solution: A Scientific Approach to Maximizing Your Child's Attention and Minimizing Parental Stress by Mark Bertin: balances an expert approach to the science of understanding, managing, and living with ADHD with practical, evidence-based, and sympathetic strategies for the whole family.

Mindful Parenting for ADHD: A Guide to Cultivating Calm, Reducing Stress, and Helping Children Thrive by Mark Bertin: includes planning strategies, worksheets and tools for improving motivation, problem solving and goal setting.

The ADD/ADHD Checklist by Sandra Rief: helps parents and teachers to better understand children and teenagers with attention problems and provide the kind of support and intervention that is crucial to kids' success. Presented in a concise, easy to read checklist format.

Attention Difference Disorder: How to Turn Your Child or Teen's Difference into Strengths in 7 Simple Steps by Handelman, K.

ADHD-Living Without Brakes by Martin Kutsher

Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder by Edward Hallowell, MD and John Ratey, MD

Superparenting for ADD: An Innovative Approach to Raising Your Distracted Child by Edward M Hallowell, MD and Peter S Jensen, MD

CHADD Educator's Manual on Attention-Deficit/Hyperactivity (AD/HD): An in-depth look from an educational perspective (2<sup>nd</sup> Edition) [www.chadd.org](http://www.chadd.org) Support and info for parents and teachers who work with children diagnosed with ADD/ADHD. CHADD is a national organization and has local chapters that run parent support groups.

Understanding Girls with ADHD by Kathleen Nadeau

[www.additudemag.com-publishers](http://www.additudemag.com-publishers) of ADDtitude Magazine

### Anxiety

What To Do When You Worry Too Much - A Kid's Guide to Overcoming Anxiety (What To Do Guide For Kids) by Dawn Huebner and Bonnie Matthews

Helping Your Anxious Child by Ronald Rapee

Anxiety Relief for Teens: Essential CBT Skills and Mindfulness Practices to Overcome Anxiety and Stress by Regine Galanti, PhD

Brave: A Teen Girl's Guide to Beating Worry and Anxiety by Sissy Goff: helps understand anxiety's roots and why the brain is often working against calming. Provides teen-friendly information, stories, and self-discovery exercises to include journaling and drawing prompts to learn practical ways to fight worry.

Outsmarting Worry (An Older Kid's Guide to Managing Anxiety) by Dawn Huebner: for ages 9 years and up

Helping Your Anxious Teen by Sheila Achar Josephs, PhD

Anxiety Relief for Kids (On-the-Spot Strategies to Help Your Child Overcome Worry, Panic, and Avoidance) by Bridget Flynn Walker

Anxiety and Stress by Regine Glanti PhD

The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence by Jennifer Shannon LMFT

I Bet I Won't Fret by Tim Sisemore

ImaginAction: <http://imaginaction.stanford.edu/> (self-hypnosis to work on anxiety, sleep, pain, etc)

## **Depression**

Depression: A Teen's Guide to Survive and Thrive by Jacqueline B. Toner and Claire A. B. Freeland

## **Emotions/Behavior**

Me and My Feelings: A Kids' Guide to Understanding and Expressing Themselves by NBCT Vanessa Green Allen, M.Ed; for age 7-10 years old

Anger Management Workbook for Kids: 50 Fun Activities to Help Children Stay Calm and Make Better Choices When They Feel Mad by Samantha Snowden MA and Andrew Hill PhD

Mindfulness Affirmations and Activities: A Kid's Guide with 50 Positive Mantras and Activities to Manage Emotions, Grow Mindful, Strong and Confident by Pragya Tomar and Michela Fiori; For ages 0-12 years old

Raising Cain: Protecting the Emotional Life of Boys by Dan Kindlon and Michael Thompson

What Should Danny Do? (The Power to Choose Series) by Adir Levy

Me and My Feelings: A Kids' Guide to Understanding and Expressing Themselves by NBCT Vanessa Green Allen, M.Ed

No More Meltdowns by Jed Baker

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

1-2-3 Magic Teen: Communicate, Connect and Guide Your Teen to Adulthood by Thomas Phelan

A Parent's Guide to Gifted Children by James T Webb

The 7 Habits of Highly Effective Teens by Sean Covey

Setting Limits With Your Strong-Willed Child (2<sup>nd</sup> ed) by Robert Mackenzie

You Can't Make Me (But I Can Be Persuaded): Strategies for Bringing Out the Best in Your Strong-Willed Child by Cynthia Tobias

## **Self-Harm**

Stopping the Pain: A Workbook for Teens Who Cut and Self Injure by Lawrence Shapiro, PhD

Helping Teens Who Cut, 2<sup>nd</sup> Ed by Michael Hollander

Healing Self-Injury: A Compassionate Guide for Parents and Other Loved Ones by Janis Whitlock and Elizabeth Lloyd-Richardson

## **Sensory Processing**

The Out of Sync Child by Carol Kranowitz