**ANXIETY**

**Books:**

**The Anxiety & Phobia Workbook** - Edmund J. Bourne.

**Calm Energy: How People Regulate Mood with Food and Exercise** - Robert Thayer.

**10 Simple solutions to panic** - Martin Antony

**The Worry Cure** - Robert Leahy's

**Don't Panic** - Reid Wilson.

**Coping With Anxiety: 10 Simple Ways to Relieve Anxiety, Fear & Worry** - Edmund J. Bourne.

**Coping With Anxiety: Integrated Approaches to Treatment** - W. Walter Menninger, MD.

**Easing Anxiety and Stress Naturally**. - Susan Lark.

**Anxiety and Depression: A Natural Approach**. - Shirley Trickett

**Facing Panic** - R. Reid Wilson Only Available at [www.adaa.org](http://www.adaa.org)

**End to Panic, An: Breakthrough Techniques for Overcoming Panic Disorder** - Elke Zuercher-White, Ph.D.

**The Food-Mood Solution: All-Natural Ways to Banish Anxiety, Depression, Anger, Stress, Overeating, and Alcohol and Drug Problems--and Feel Good Again.** - Jack Challem and Melvyn R. Werbach, MD.

**The Feeling Good Handbook** - David D. Burns.

**Films:**

***As Good As It Gets. Jack Nicholson, Helen Hunt, Greg Kinnear. Director: James L. Brooks, 1997.***

***Copy Cat. Sigourney Weaver, Holly Hunter, Dermot Mulroney. Director: Jon Amiel, 1995.***

***House Of Games. Lindsay Crouse, Joe Mantegna. Director: David Mamet, 1987.***

***The Odd Couple. Jack Lemmon, Walter Matthau. Director: Gene Saks, 1968.***

***Pelican Brief. Julia Roberts, Denzel Washington. Director: Alan J. Pakula, 1993.***

**SOCIAL ANXIETY – Interpersonal Effectiveness**

**Books:**

[**Taking charge of your social life**](blocked::http://www.sfbacct.com/index.php?option=com_bookmarks&Itemid=121&task=view&id=161). - Gambrill, E., & Richey, C.

[**How to Talk to Anyone: 92 Little Tricks for Big Success in Relationships**](http://www.amazon.com/How-Talk-Anyone-Success-Relationships/dp/007141858X/ref=pd_bbs_6_s9_rk?ie=UTF8&s=books&s9r=8a585b43187966e8011a137a768828c7&itemPosition=6&qid=1229480713&sr=8-6) - Leil Lowndes

[**Talk to me: Conversation tips for the small-talk challenge**](blocked::http://www.sfbacct.com/index.php?option=com_bookmarks&Itemid=121&task=view&id=164)**.** - Honeychurch, C., & Watrous, A.

[**The Shyness & Social Anxiety Workbook: Proven, Step-by-Step Techniques for Overcoming Your Fear**](http://www.amazon.com/Shyness-Social-Anxiety-Workbook-Step/dp/1572245530/ref=pd_bbs_sr_3?ie=UTF8&s=books&qid=1229480713&sr=8-3)- Martin M. Antony and Richard P.

[**Managing Social Anxiety: A Cognitive-Behavioral Therapy Approach Client Workbook (Treatments That Work)**](http://www.amazon.com/Managing-Social-Anxiety-Cognitive-Behavioral-Treatments/dp/0195183827/ref=pd_bbs_sr_4?ie=UTF8&s=books&qid=1229480713&sr=8-4) **-** Debra A. Hope, Richard G. Heimberg, Harlan A. Juster, and Cynthia L. Turk

[**Managing Social Anxiety: A Cognitive-Behavioral Therapy Approach Therapist Guide (Treatments That Work)**](http://www.amazon.com/Managing-Social-Anxiety-Cognitive-Behavioral-Treatments/dp/0195189930/ref=pd_bbs_10?ie=UTF8&s=books&qid=1229480713&sr=8-10)- Debra A. Hope, Richard G. Heimberg, and Cynthia L. Turk (Paperback - April 6, 2006)

[**The Developing Mind:  Toward a Neurobiology of Interpersonal Experience**](http://mindsightinstitute.com/?page=products&title=VGhlIERldmVsb3BpbmcgTWluZDogSG93IFJlbGF0aW9uc2hpcHMgYW5kIHRoZSBCcmFpbiBJbnRlcmFjdCB0byBTaGFwZSBXaG8gV2UgQXJl) - Dan Siegel

**How to Win Friends & Influence People** - Dale Carnegie

**Seven Habits of Highly Effective People** - Steven R Covey

**The 8th Habit: From Effectiveness to Greatness** - Stephen R. Covey

**DEPRESSION**

**Books:**

**The Depression Workbook: A Guide for Living with Depression and Manic**

**Depression, Second Edition -** Mary Ellen Copeland, Matthew McKay

**Dealing with Depression Naturally: Alternatives and Complementary Therapies for**

**Restoring Emotional Health**. - Syd Baumel.

**Your Depression Map: Find the Source of Your Depression and Chart Your Own**

**Recovery -** Randy J., Ph.D. Paterson

**Just Like Someone Without Mental Illness Only More So: A Memoir** -

Mark Vonnegut M.D.

[**The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being**](http://mindsightinstitute.com/?page=products&title=VGhlIE1pbmRmdWwgQnJhaW46IFJlZmxlY3Rpb24gYW5kIEF0dHVuZW1lbnQgaW4gdGhlIEN1bHRpdmF0aW9uIG9mIFdlbGwtQmVpbmc=) – Dan Seigel

**You can beat depression** - J Preston

**Listening to Prozac** - PD Kramer

**Depression-Free for Life: A Physician's All-Natural, 5-Step Plan**. - Gabriel Cousens.

**The Food Allergy Cure: A New Solution to Food Cravings, Obesity,Depression,**

**Headaches, Arthritis, and Fatigue**. - Ellen Cutler.

**The Food and Mood Handbook: Find Relief at Last from Depression, Anxiety,**

**PMS, Cravings and Mood Swings**. - Amanda Geary.

**I Don’t Want to Talk About It: Overcoming the Secret Legacy of Male Depression**. - Terrence Real.

**Undoing Depression: What Therapy Doesn’t Teach You and Medication Can’t Give You.** - Richard O’Connor, PhD.

**Unstuck: Your Guide to the Seven Stage Journey Out of Depression (published by The Penguin Press; June 2008).**

**User's Guide to Natural Remedies for Depression**. - Linda Knittel.

**When Words Are Not Enough: The Women’s Prescription for Depression and Anxiety. -** Valerie Davis Raskin, MD

**Night Falls Fast** - Suicide

**Films:**

***Country Girl, The. Bing Crosby, Grace Kelly, William Holden. Director: George Seaton, 1954.***

***Dark Victory. Bette Davis, George Brent, Humphrey Bogart, Ronald Reagan. Director: Edmund Goulding, 1939.***

***Eraserhead. Jack Nance, Charlotte Stewart, Allen Joseph. Director: David Lynch, 1977.***

***Girl, Interrupted. Winona Ryder, Angelina Jolie. Director: James Mangold, 1999.***

***Ordinary People. Donald Sutherland, Mary Tyler Moore. Director: Robert Redford, 1980.***

***The Last Picture Show. Timothy Bottoms, Jeff Bridges, Ellen Burstyn. Director: Peter Bogdanovich, 1971.***

**BIPOLAR DISORDER**

**Books:**

**Living Well with Depression and Bipolar Disorder: What Your Doctor Doesn't Tell You...That You Need to Know** - John Mcmanamy

The **Bipolar Workbook: Tools for Controlling Your Mood Swings** - Monica Ramirez Basco

**The Bipolar Disorder Survival Guide: What You and Your Family Need to Know** - David J. Miklowitz.

**Call Me Anna: The Autobiography of Patty Duke**. - Patty Duke and Kenneth Turan.

**The Food-Mood-Body Connection: Nutrition-Based and Environmental**

**Approaches to Mental Health and Physical Wellbeing**. - Gary Null and Louise Bernikow.

**The Mood Cure** - 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. -** Julie A Fast.

**Touched With Fire: Manic-Depressive Illness and the Artistic Temperment**. - Kay Redfield Jamison.

**An Unquiet Mind -** Kay Redfield Jamison.

**Cognitive-Behavioral Therapy for Bipolar Disorder**- Monica Ramirez Basco, A. John Rush

**Films:**

***Call Me Anna. Patty Duke, Timothy Carhart. Director: Gilbert Cates, 1990.***

***Mr. Jones. Richard Gere, Lena Olin, Anne Bancroft. Director: Mike Figgis, 1993.***

***Sophie's Choice. Meryl Streep, Kevin Kline. Director: Alan J. Pakula, 1982.***

***Vincent & Theo. Tim Roth, Paul Rhys, Adrian Brine. Director:Robert Altman, 1990.***

***Woman Under The Influence. Peter Falk, Gena Rowlands. Director: John Cassavetes, 1974.***

**ADHD**

**Books:**

**Driven To Distraction : Recognizing and Coping with Attention Deficit Disorder from Childhood Through Adulthood -** Edward M. Hallowell & John J. Ratey

**Answers to Distraction** - Edward M. Hallowell & John J. Ratey

**You Mean I'm Not Lazy, Stupid or Crazy?!: The Classic Self-Help Book for Adults with Attention Deficit Disorder -** Kate Kelly & Peggy Ramundo

**Putting the Brakes: Understanding and Taking control of Your ADD or ADHD** - Particia Quinn, & Judith M. Stern.

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

**50 Activities and Games for Kids with ADHD** - Particia Quinn & Judith M. Stern.

**Como Ponerte Los Frenos : Guia para jovenes para cmprender el trastorn de hiperactividad por deficiencia de attention-** Particia Quinn & Judith M. Stern.

**Survival Guide for College Students with ADHD or LD** -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** - Kathleen Nadeau

**Annie’s Plan: Taking Charge of Schoolwork and Homework** - Jeanne Kraus

**Taking Charge of ADHD: The Complete, Authoritative Guide for**

**Parents** - Russell Barkley, Ph.D

**Helping Your ADD Child: Hundreds of Practical Solutions For**

**Parents and Teachers of Children and Teens** - John Taylor & John, Prima

**What Does Everybody Else Know That I Don't?: Social Skills Help for**

**Adults with Attention Deficit/Hyperactivity Disorder** - Michele

Novotni PhD and Randy Petersen

**Fidget to Focus: Outwit Your Boredom: Sensory Strategies for Living with ADD** - Roland Rotz and Sarah D. Wright

**The ADHD Parenting Handbook: Practical Advice for Parents from Parents** - Collen Alexander-Roberts

**Educational Care a System For Understanding and Helping**

**Children With Learning Problems at Home and in School**. - Mel Levine

**The ADD Book, New Understandings, New Approaches to Parenting Your Child** - William Sears & Lynda Thomson

**Unlocking potential: College and other choices for people with LD and AD/HD** - Taymans, J.M., & West, L.L., Sullivan, M. (Eds)

**Peterson's colleges with programs for students with learning disabilities or attention deficit disorders.** - Mangrum, C. & Strichart, S.

**Parenting Children With ADHD: 10 Lessons That Medicine Cannot Teach** - 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** - Jeffrey Bernstein

**10 Days to a Less Defiant Child: The Breakthrough Program for Overcoming Your Child's Difficult Behavior** - Jeffrey Bernstein

**ORGANIZATION**

**Books:**

**Stephanie Winston Best Organizing Tips** – Stephanie Winston

**Getting Organized** – Stephanie Winston

**ADD-Friendly Ways to Organize Your Life** - Judith Kolberg and Kathleen Nadeau

**Organize Your Life: Free Yourself from Clutter and Find More Personal Time** - Ronni Eisenberg and Kate Kelly

**Eliminate Chaos: The 10-Step Process to Organize Your Home and Life** - Laura Leist and Adam Weintraub

**The 7 Habits of Highly Effective People: Powerful Lessons in Personal Change** - Stephen R. Covey

**ASPERGERS**

**Books:**

**Parenting a Child With Asperger Syndrome: 200 Tips and Strategies** - Brenda Boyd

**Asperger Syndrome And Difficult Moments: Practical Solutions For Tantrums, Rage And Meltdowns** - Brenda Smith Myles; Jack Southwick

**The OASIS Guide to Asperger Syndrome: Completely Revised and Updated: Advice, Support, Insight, and Inspiration** - Patricia Romanowski Bashe, Barbara L. Kirby, Simon Baron-Cohen, and Tony Attwood

**The Complete Guide to Asperger's Syndrome -** Tony Attwood

**Pretending to Be Normal: Living With Asperger's Syndrome** - Liane Holliday Willey

**The Social Skills Picture Book Teaching play, emotion, and communication to children with autism** - Dr. Jed Baker

**Social Skills Training for Children and Adolescents with Asperger Syndrome and**

**Social-Communications Problems** - Jed E. Baker

**Power Cards: Using Special Interests to Motivate Children and Youth with Asperger Syndrome and Autism** - Elisa Gagnon

**Succeeding in college with Asperger Syndrome** – John Harpur ,Maria Lawlor &

**Michael Fitzgerald.Realizing the college dream with Autism or Asperger Syndrome:**

**A parent's guide to student success**. - Ann Palmer

**Aquamarine Blue 5: Personal Stories Of College Students With Autism** - Dawn Prince-Hughes

**Asperger's from the Inside Out** - Michael John Carley

**The Curious Incident of the Dog in the Night-Time** - Mark Haddon

**An Anthropologist on Mars: Seven Paradoxical Tales** - [Oliver Sacks](http://en.wikipedia.org/wiki/Oliver_Sacks)

**"Be Different: Adventures of a Free-Range Aspergian"** - John Elder Robinson.

**Pretending to Be Normal** - Liane Holiday Wiley

**Living and Loving With Asperger Syndrome: Family Viewpoints** - McCabe et al

**Asperger Syndrome and Long-Term Relationships** - Ashley Stanford

**Loving Mr. Spock: Understanding a Lover with Asperger's Syndrome** - Barbara Jacobs

**The Journal of Best Practices: A Memoir of Marriage, Asperger Syndrome, and One Man's Quest to Be a Better Husband** - David Finch

**PARENTING**

**Books:**

**Parenting From the Inside Out** - Daniel Siegel and Mary Hartzell

**Connection Parenting: Parenting Through Connection Instead of Coercion, Through Love Instead of Fear, 2nd Edition** - Pam Leo

**The Parent You Want to Be: Who You Are Matters More Than What You Do** - Les & Leslie Parrott

**1-2-3 Magic: Effective Discipline for Children 2-12** - Thomas W. Phelan

**1-2-3 Magic for Christian Parents: Effective Discipline for Children 2-12 -** Thomas W. Phelan & Chris Webb

**How to Talk So Kids Will Listen & Listen So Kids Will Talk** - Adele Faber and Elaine Mazlish

**TEENAGERS – Self Esteem, Substance Use, Parenting**

**Books:**

**Get Out of My Life, but First Could You Drive Me & Cheryl to the Mall: A Parent's Guide to the New Teenager.** - Anthony E. Wolf

**Staying Connected to Your Teenager: How to Keep Them Talking to You and How to Hear What They're Really Saying** - Michael Riera

**How to Talk So Teens Will Listen and Listen So Teens Will Talk** - Adele Faber & Elaine Mazlish

**Girl Wars: 12 Strategies That Will End Female Bullying** - Cheryl Dellasega & Charisse Nixon

**Why is Everybody Always Picking on Me** - Terrence Webster-Doyle

**Reviving Ophelia: Saving the Selves of Adolescent Girls** - Mary Pipher & Ruth Ross

**You Can't Scare Me--I Have a Teenager!: A Parent's Basic Survival Guide** - Thomas Stacy & David Gold.

**Choices and Consequences: What to Do When a Teenager Uses Alcohol/Drugs** - Dick Schaefer

**Parenting Your Out-of-Control Teenager: 7 Steps to Reestablish Authority and Reclaim Love** - 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** - Katherine Ketcham

**Clean: A New Generation in Recovery Speaks Out** - Chris Beckman

**COUPLES AND DIVORCE**

**Books:**

**Why Can't You Read My Mind? Overcoming the 9 Toxic Thought Patterns that Get in the Way of a Loving Relationship** - Jeffrey Bernstein

**We Can Work It Out: How to Solve Conflicts, Save Your Marriage** - C. Notarius & Howard Markman

**After the Affair: Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful** - Janis Abrahms Spring, Ph.D.

**Seven Principles for Making Marriage Work** - John M. Gottman, Ph.D.

**Should You Leave? A Psychiatrist Explores Intimacy and Autonomy — and the Nature of Advice** - Peter D. Kramer.

**Conscious Loving: The Journey to Co-Commitment: A Way to Be Fully Together Without Giving Up Yourself**. - Gay Hendricks, Ph.D., & Kathlyn Hendricks

**You just don’t understand** – Deborah Tannen

**The Mirages of Marriage** – William Lederen Don Jackson

**Love Is Never Enough: How Couples Can Overcome Misunderstandings, Resolve Conflicts, and Solve** - Aaron T. Beck

**Men Are from Mars, Women Are from Venus: The Classic Guide to Understanding the Opposite Sex** - John Gray

**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** - Mira Kirshenbaum

**Happily Ever After: Walking with Peace and Courage Through a Year of Divorce -** Kristin Armstrong

**Films:**

***Shall We Dance. Jennifer Lopez, Richard Gere, Susan Sarandon. Director: Peter Chelsom***

***About Last Night. Rob Lowe, Demi Moore, James Belushi. Director: Edward Zwick, 1986.***

***Gaslight. Charles Boyer, Ingrid Bergman, Joseph Cotton. Director: Thorold Dickinson, 1944.***

***In America. Samantha Morton, Paddy Considine. Director: Jim Sheridan, 2002.***

***Life Is Beautiful. Roberto Benigni, Nicoletta Braschi. Director: Roberto Benigni, 1998.***

***Mirror Has Two Faces, The. Barbra Streisand, Jeff Bridges. Director: Barbra Streisand, 1996.***

***My Big Fat Greek Wedding. Nia Vardalos, John Corbett, Lainie Kazan. Director: Joel Zwick, 2001.***

***Ordinary People. Donald Sutherland, Mary Tyler Moore, Timothy Hutton. Director: Robert Redford, 1980.***

**SPIRITUALITY- RELATIONAL RESILIENCE**

**Books:**

**The Road Less Traveled** - Scott F Peck

**Man's Search for Meaning** –Victor Frankl

**The Art of Happiness** – Holiness Dalai Lama

**The Secret** – Rhonda Byrne

**The Complete Conversations with God** - Neale Donald Walsch

**The Care of the Soul** – Thomas Moore

**The Resilient Self – How survivors of troubled families rice above adversity**– Steve Wolin and Sybil Wolin

**The Monk who sold his Ferrari** – Robin Sharma

**Discover your Destiny** – Robin Sharman

**The Happiness Trap** - Russ Harris

**Learned Optimism** - Martin Seligman

**When Things Fall Apart** - Pema Chodron.

**The Alchemist** – Paulo Coelho & Alan Clarker

**The Zahir** – Paulo Coelho

**The Tao of Pooh** – Howard Cutler

**The Celestine Prophecy** – James Redfield

**Ageless Body Timeless Mind** – Deepak Chopra

**Autobiography of a Yogi** – Paramahansa Yogananda

**Where There is Light** – Paramahansa Yogananda

**Spiritual Nutrition: Six Foundations for Spiritual Life and the Awakening of**

**Kundal**ini- Gabriel Cousens

**MEDITATION AND YOGA**

**The Light On Pranayama: The Yogic Art of Breathing** - B.K.S. Iyengar

**Autobiography of a Yogi** - Paramhansa Yogananda

**Iyengar Yoga for Beginners** - B.K.S. Iyengar

**Light on Yoga** - B.K.S. Iyengar

**Storytime Yoga: Teaching Yoga to Children Through Story** - Sydney Solis and Photographs by Michele Trapani

**Essential Yoga: The Practical Step-by-Step Course. Iyengar yoga for everyone, shown in 400 clear colour photographs** - Judy Smith

**Chakra Yoga: Balancing Energy for Physical, Spiritual, and Mental Well-being--includes a CD with guided meditations** - Alan Finger, Katrina Repka

**Pranayama: May Our Breath Be Our Prayer** - Audiobook (Audio CD) - Nubia Teixeira, Jai Uttal, Ben Leinbach.

**Yoga Breathing** - Audioboook (Audio CD) - Richard Freeman

**Yoga with John Schumacher Pranayama Preparations and Beginnings** (Audio CD)

**Books for Separating and Divorcing Couples**

**The Divorce Recovery Sourcebook** - Berry, Dawn Bradley

**Getting to Yes: Negotiating Agreement Without Giving** - Roger Fisher , and William Ury

**For Better or For Worse: Divorce Reconsidered Hetherington** - E. Mavis, and John Kelly

**Getting Apart Together** - Kranitz, Martin A

**Money Shy to Money Sure: A Woman’s Roadmap to Financial Well-Being** - Olivia Mellan and Christie Sherry

**Crazy Time: Surviving Divorce and Building a New Life** - Abigail Trafford

**Joint Custody with a Jerk: Raising a Child with an Uncooperative Ex- A Hands-on, Practical Guide to Communicating with a Difficult Ex-Spouse**

Julie Ross , Judy Corcoran

**Spiritual Divorce: Divorce as a Catalyst for an Extraordinary Life** - Debbie Ford

**The Good Divorce: Keeping Your Family Together When Your Marriage Comes Apart** Constance R Ahrons .

**Divorce & New Beginnings: A Complete Guide to Recovery, Solo Parenting, Co-Parenting, and Stepfamilies**  - Genevieve Clapp.

**The Truth about Children and Divorce** - Robert E Emery.

**Wednesday Evenings and Every Other Weekend: From Divorced Dad to Competent Co-Parent** - Daniel McClure, and Jerry B Saffer.

**Mom’s House, Dad’s House: Making Two Homes for Your Child** - Isolina Ricci

**Custody Chaos, Personal Peace: Sharing Custody with an Ex Who Drives You Crazy** - Jeffrey P Wittmann

 Books for Children of Divorce

  Dinosaurs Divorce - Laurene Brown and Marc Brown .

Through the Eyes of Children: Healing Stories for Children of Divorce - Johnston, Janet R., Karen Breunig, Carla Garrity, and Mitchell Baris

How It Feels When Parents Divorce - Jill Krementz

It's Not Your Fault, Koko Bear – Vicki Lansky

Mom’s House, Dad’s House For Kids - Isolina Ricci

Divorce is Not the End of the World - Zoe Stern, Evan Stern, and Ellen Sue Stern.

**CHILDREN- Depression ANXIETY & DIVORCE Separate Divorce from Anxiety and Depression**

**Books:**

Think Good-Feel Good CBT for kids - Paul Stallard

**What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety** - Dawn Huebner & Bonnie Matthews

My Feeling Better Workbook: Help for Kids who are sad and depressed - Sara Hamil

**Freeing Your Child from Anxiety: Powerful, Practical Solutions to Overcome Your Child's Fears, Worries, and Phobias** - Tamar E. Chansky

**Therapeutic Stories that Teach and Heal** - Nancy Davis

**When My Worries Get Too Big! A Relaxation Book for Children Who Live with Anxiety** - Kari Dunn Buron

**Therapeutic Exercises for Children: Guided Self-Discovery Using Cognitive-Behavioral Techniques** - Robert D. Friedberg, Barbara A. Friedberg, Rebecca J. Friedberg.

**David and the Worry Beast: Helping Children Cope with Anxiety** - Anne Marie Guanci & Caroline Attia

**Raising An Emotionally Intelligent Child** - John Gottman, Joan Declaire, and Daniel Goleman

**Up and Down the Worry Hill: A Children's Book about Obsessive-Compulsive Disorder and its Treatment** - Aureen Pinto Wagner & Paul A. Jutton

**The Anxiety Cure for Kids: A Guide for Parents** - Elizabeth DuPont Spencer

Children and Divorce

**Helping Your Kids Cope with Divorce the Sandcastles Way** - M. Gary Neuman

**Dinosaurs Divorce** - Marc Brown and Laurie Krasny Brown

**Two Homes** - Claire Masurel and Kady Macdonald Denton

**KoKo Doll Divorce Book Package** - Vicki Lansky, Jane Prince, and Vicki L. Lansky

**Let's Talk About It: Divorce** - Fred Rogers

**Divorce Happens to the Nicest Kids: A Self Help Book for Kids** - Michael S. Prokop

The Way I Feel - Janan Cain

**Fred Stays With Me!** - Nancy Coffelt

**Divorce Poison: Protecting the Parent-Child Bond from a Vindictive Ex** - Richard A. Warshak

**Divorce is not the end of the world Coping Guide for kids**– Zoe Stern, Ellen Sue and Evan Stern

**Through the Eyes of Children: Healing Stories for Children of Divorce** - Johnston, Janet R., Karen Breunig, Carla Garrity, and Mitchell Baris

**How It Feels When Parents Divorce** - Jill Krementz

**It's Not Your Fault, Koko Bear** – Vicki Lansky

**Mom’s House, Dad’s House For Kids** - Isolina Ricci

**Divorce is Not the End of the World** - Zoe Stern, Evan Stern, and Ellen Sue Stern.

**TRAUMA – SEXUAL ABUSE/ DOMESTIC VIOLENCE**

**Books:**

**Courage to Heal, The: A Guide for Women Survivors of Child Sexual Abuse**. Ellen Bass and Laura Davis

**Trauma and Recovery** – Judith Herman

**The Inner Child Workbook: What to do with your past when it just won't go away -** Cathryn L. Taylor

**Healing the Trauma of Abuse: A Woman's Workbook** - Mary Ellen Copeland and Maxine Harris

**Healing the Trauma of Domestic Violence: A Workbook for Women (New Harbinger Self-Help Workbook)** - Edward S., Ph.D. Kubany, Mari A. McCaig, & Janet R. Laconsay

**Healing the Incest Wound: Adult Survivors in Therapy** - Christine A. Courtois

**Dynamics of Power** - Lev Raphael

**Abused Men: The Hidden Side of Domestic Violence -** Philip W. Cook

**The Ones who got Away** – Ginny NiCarthy

**Aching for Love: the Sexual Drama of the adult Child, healing Strategies** - Mary Ann Klausner

**The Emotionally Abusive Relationship. -** . Beverly Engel.

**Allies in Healing: When the Person You Love Was Sexually Abused as a Child**. - Laura Davis.

B**etrayal of Innocence: Incest and Its Devastation**. - Susan Forward & Craig Buck.

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**Father-Daughter Incest**. - Judith Lewis Herman.

**Female Sexual Abuse of Children**.- Michele Elliott.

**I Never Told Anyone**: **Writings by Women Survivors of Child Sexual Abuse**. - Ellen Bass & Louise Thornton.

**The Me Nobody Knows: A Guide for Teen Survivors** -Barbara Bean & Shari Bennett.

**The Right to Innocence: Healing the Trauma of Childhood Sexual Abuse** - Beverly Engel.

**Secret Survivors: Uncovering Incest and Its Aftereffects in Women**. - E. Sue Blume.

**Victims No Longer: Men Recovering from Incest and Other Sexual Child Abuse**. - Mike Lew.

**Terrible Thing Happened - A story for children who have witnessed violence or trauma**

**The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment** - Babette Rothschild

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

**CD’s Health Journeys: Guided Imagery for the Three Stages of Healing Trauma--Nine Meditations for Posttraumatic Stress** - Belleruth Naparstek

**Dialectical Behavior Therapy Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation, & Distress Tolerance**

**Films**

***Antwone Fisher. Denzel Washington, Derek Luke. Director: Denzel Washington, 2002.***

***Bastard Out of Carolina. Jennifer Jason Leigh, Jena Malone. Director: Angelica Huston, 1996.***

***Nuts. Barbra Streisand, Richard Dreyfuss. Director: Martin Ritt, 1987.***

***Prince of Tides. Barbra Streisand, Nick Nolte. Director: Barbra Streisand, 1991.***

***Thousand Acres, A. Michelle Pfeiffer, Jessica Lange, Jennifer Jason Leigh, Jason***

***Robards. Director: Jocelyn Moorhouse, 1997.***

***Enough. Jennifer Lopez, Billy Campbell Director: Michael Apted, 2002***

***Sleeping with the enemy. Julia Roberts, Patrick Bergen, Kevin Anderson Director: Joseph Ruben, 1991***

**GRIEF AND LOSS**

**Books:**

**Death: The Final Stage of Growth -.** Elisabeth Kubler-Ross.

**How to Survive the Loss of a Love**. - Melba Colgrove , Harold H. Bloomfield, and Peter McWilliams.

**I Remember You: A Grief Journal**.- Laynee Gilbert.

**Living Beyond Loss: Death in the Family** - Froma Walsh & Monica McGoldrick.

**The Mourning Handbook: A Complete Guide for the Bereaved**.- Helen Fitzgerald.

**On Death and Dying: What the Dying Have to Teach Doctors, Nurses, Clergy and Their Own Families**. - Elisabeth Kubler-Ross.

**Precious Companion: A Book of Comfort and Remembrance After the Loss of a Pet**. - Laynee Gilbert.

**Silent Grief: Living in the Wake of Suicide**. - Christopher Lukas & Henry M. Seiden.

**Starting Over: Help For Young Widows & Widowers**. - Adele Rice Nudel.

**Tuesdays with Morrie: An Old Man, A Young Man, and Life’s Greatest Lesson**. -Mitch Albom.

**When Life Becomes Precious: A Guide for Loved Ones and Friends of Cancer Patients**. - Elise NeeDell Babcock.

**Unspeakable Losses: Understanding the Experience of Pregnancy Loss,**

**Miscarriage, and Abortion**. - Kim Kluger-Bell.

**Living Through Job Loss** - Ann Kaiser Stearns

**Films:**

***Always. Holly Hunter, Richard Dreyfuss, John Goodman. Director: Steven Spielberg, 1999.***

***Dead Poets Society. Robin Williams, Ethan Hawke. Director: Peter Weir, 1989.***

***Ghost. Patrick Swayze, Demi Moore, Whoopi Goldberg. Director: Jerry Zucker, 1990.***

***Life As A House. Kevin Kline, Kristin Scott Thomas, Hayden Christenson, Jena Malone. Director: Irwin Winkler, 2002.***

***Patch Adams. Robin Williams, Philip Seymour Hoffman. Director: Tom Shadyac, 1998.***

***Steel Magnolias. Julia Roberts, Sally Field, Olympia Dukakis, Shirley MacLaine. Director: Herbert Ross, 1989.***

***What Dreams May Come. Robin Williams, Cuba Gooding, Jr., Annabella Sciorra. Director: Vincent Ward, 1998.***

***Monsoon Wedding. Naseeruddin Shah, Lillete Dubey Director: Mira Nair, 2001***

**ASSERTIVENESS & SELF-ESTEEM**

**Books:**

**The Assertiveness Workbook: How to Express Your Ideas and Stand Up for Yourself at Work and in Relationships** - Randy J. Paterson .

**When I Say No, I Feel Guilty** - Manuel J. Smith

**Your Perfect Right: Assertiveness and Equality in Your Life and Relationships** - Robert Ph. D. Alberti, Michael. Emmons

**How to Be an Assertive (Not Aggressive) Woman in Life, in Love, and on the Job** - Jean Baer

**The Assertive Woman** - Stanlee Phelps and Nancy Austin

**Stick up for yourself** - Lev Raphael

**Self-Esteem** - Matthew McKay

**Ten Easy Steps to Self-Esteem** - David Burns

**What to say when you talk to yourself** - Shad Helmstetter

**Who Are You and What Do You Want?** - Mick Ukleja & Robert Lorber

**ADDICTIONS**

**Books:**

**The Addictive Personality: Understanding the Addictive Process and Compulsive Behavior.** - Craig Nakken. Center City.

**Addiction: Why Can't They Just Stop?** - Susan Cheever.

**Alcoholics Anonymous - Big Book.** Alcoholics Anonymous World Services, Inc.

**Twelve Steps and Twelve Traditions**. Alcoholics Anonymous World Services, Inc.

**End Your Addiction Now: The Proven Nutritional Supplement Program That Can Set You Free**. - Charles Gant.

**Natural Highs: Supplements, Nutrition, and Mind-Body Techniques to Help You Feel Good All the Time**. Hyla Cass.

**The Encyclopedia of Addictions And Addictive Behaviors** - Esther, M.D.

**Seven Weeks to Sobriety: The Proven Program to Fight Alcoholism through Nutrition**.- Joan Mathews Larsen

**Another Chance: Hope and Health for the Alcoholic Family** - Sharon Wegscheider.

**Recovery from Addiction: A Comprehensive Understanding of Substance Abuse With Nutritional Therapies for Recovering Addicts and Co-Dependent** - John Finnegan and Daphne.

**Women Sex and Adddiction**. - Charlotte Davis

**The Psychology of Shame** - Gershen Kaufman

**The Power of Caring** - Gershen Kaufman

**Films:**

***28 Days. Sandra Bullock, Viggo Mortensen. Director: Betty Thomas, 2000.***

***Clean and Sober. Michael Keaton, Morgan Freeman. Director: Glenn Gordon Caron, 1988.***

***My Name Is Bill W. James Woods, JoBeth Williams. Director: Daniel Petrie, 1989.***

***St. Elmo's Fire. Emilio Estevez, Demi Moore. Director: Joel Schumacher, 1985.***

***Tender Mercies. Robert Duvall, Ellen Barkin. Director: Bruce Beresford, 1983.***

**CODEPENDENCY**

**Books:**

**Women Who Love Too Much** - Robin Norwood

**Beyond Codependency: And Getting Better all the Time** - Melody Beattie

**Codependent No More Melody** – Melody Beattie

**Love Is a Choice: The Definitive Book on Letting Go of Unhealthy Relationships -** Robert Hemfelt, et al

**Love Is a Choice Workbook** - Robert Hemfelt

**The Struggle for Intimacy** - Janet Wolitz

**Addicted to Misery: The other side of Co-Dependency** - Robert Becker

**Minding the Body, Mending the Mind** - Joan Borysenko

**ADULT CHILDREN OF ALCOHOLICS**

**Books:**

**Too Good for her Own Good** - Claudia Bepko & Jo-Ann Krestan

**Its never too late to have a Happy Childhood** - Claudia Black

**It will never happen to me** - Claudia Black

My Dad loves me, My dad has a disease - Claudia Black

**Repeat After Me** -Claudia Black

**Once Upon a Time** - Amy Dean

**Broken Bottles Brokem Dreams** - Charles Deutsch

**Healing the Shame that Binds You** - John Bradshaw

**Homecoming: Reclaiming and Championing your Inner Child** - John Bradshaw

**Self-esteem: A Family Affair** - Jean Illsley Clarke & Connie Dawson

**Growing up Again** - Jean Illsley Clarke & Connie Dawson

**Recovery: A guide for Adult Children of Alcoholics** -Herbert Gravitz & Julie Bowden

**A Workbook for Healing Adult Children of Alcoholics** - Patty Mac Connell

**Family Secrets: life stories of adult children of Alcoholics** - Rachel V

**Healing The Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families** – Charles L Whitfield

**Adult Children Of Alcoholics** - Janet Wolitz

**Time to Heal, A: The Road to Recovery for Adult Children of Alcoholics** - Timmen L. Cermak, MD.

**Films:**

***Affliction. Nick Nolte, James Coburn, Sissy Spacek. Director: Paul Schrader, 1998.***

***Blue Sky. Jessica Lange, Tommy Lee Jones. Director: Tony Richardson, 1992.***

***Days of Wine and Roses. Jack Lemmon, Lee Remick. Director: Blake Edwards, 1962.***

***Mommy Dearest. Faye Dunaway, Diana Scarwid. Director: Frank Perry, 1981.***

***When A Man Loves A Woman. Andy Garcia, Meg Ryan. Director: Luis Mandoki, 1994.***

**GLBT ISSUES**

**Books:**

**Fire in the Belly** - Sam Keen

**Crisis: 40 Stories Revealing the Personal, Social, and Religious Pain and Trauma of Growing Up Gay in America** - Mitchell Gold and Mindy Drucker

**Lesbian, Gay, and Bisexual Identities in Families: Psychological Perspectives** - Charlotte J. Patterson & Anthony R. D'Augelli

**Lesbian, Gay, and Bisexual Identities over the Lifespan: Psychological Perspectives** - Anthony R. D'Augelli & Charlotte J. Patterson

**Understanding Sexual Identity: A Book for Gay and Lesbian Teens and Their Friends**- Janice E. Rench

**Straight Acting: Gay Men, Masculinity and Finding True Love** - Angelo Pezzote

**Gay and Lesbian Rights, 2E: A Guide for GLBT Singles, Couples and Families**. - Brette McWhorter Sember

**How Can I Get Through to You? (Reconnecting Men and Women)**. - Terrence Real.

**Permanent Partners: Building Gay and Lesbian Relationships That Last** - Betty Berzon

**Films:**

***Bend it Like Beckham. Imran Ali, Ameet Chana, Saraj Chaudhry. Director: 2003***

***Birdcage. Nathan Lane, Robin Williams. Director: Mike Nichols 1996***

***The Silver Screen: Color Me Lavender. Dan Butler. Documentary Director: Mark Rappaport. 1993***

***In and Out. Kevin Klien, Matt Dillon, Bob Newhart. Director: Frank Oz 1997***

***Wedding Banquet. Winston Chao, May Chin. Director: Ang Lee 1993***

**EATING DISORDERS**

**Books:**

**The Eating Disorder Sourcebook**. - Carolyn Costin.

**Overcoming Overeating** - Hirschmann and Munter’s

**Surviving and Eating Disorder** - New Perspectives and Strategies for Family and Friends - M. Siegel et. al.

**Are You Hungry** - Hirschman and Zaphiropolis

**Body Wars** - Margot Maine, Ph.D.

**Starved: Mercy for Eating Disorders** - Nancy Alcorn

**Goodbye Ed, Hello Me: Recover from Your Eating Disorder and Fall in Love with Life** - Jenni Schaefer

**Lost and Found Unexpected Revelations About Food and Money** – Geneen Roth

**When Food Is Love: Exploring the Relationship Between Eating and Intimacy** -

Geneen Roth

**Feeding the Hungry Heart: The Experience of Compulsive Eating** -

Geneen Roth

**The Craggy Hole in My Heart and the Cat Who Fixed It: Over the Edge and Back with My Dad, My Cat, and Me** - Geneen Roth

**Improve Your Mood with Food: A Guide to Fighting Fatigue, Anxiety, Stress, and Depression Through Food.** - Alexandra Massey & Anita Bean.

**Conscious Eating**. - Gabriel Cousens

**Nutrition Counseling in the Treatment of Eating Disorders**. - Marcia Herrin.

**Nutrition And Eating Disorders**.- Lori A. Smolin, Mary B. Grosvenor, Richard J. Deckelbaum, M.D., & Robert R. Williams.

**Nutrition for Recovery: Eating Disorders**. - Kathryn Reichert.

**The Psychology of Eating: From Healthy to Disordered Behavior**. - Jane Ogden.

**Films:**

***The Best Little Girl In The World. Jennifer Jason Leigh, Charles Durning. Director: Sam O'Steen, 1981.***

***Eating. Nelly Alard, Lisa Blake Richards, Frances Bergen. Director: Henry Jaglom, 1990.***

***Girl, Interrupted. Winona Ryder, Angelina Jolie. Director: James Mangold, 1999.***

***Fried Green Tomatoes. Kathy Bates, Mary Stuart Masterson, Mary-Louise Parker. Director: Jon Avnet, 1991.***

***Katie's Secret. Meredith Baxter Birney, Ben Masters, Tracy Nelson. Director: Arthur Allan Seidelman, 1986.***

***What's Eating Gilbert Grape? Johnny Depp, Leonardo DiCaprio, Juliette Lewis. Director: Arthur Lasse Hallström, 1993.***

**ADULT CHILDREN OF PARENTS WITH PERSONALITY ISSUES**

**Books:**

**Toxic Parents: Overcoming Their Hurtful Legacy and Reclaiming Your Life** - Susan Forward & Craig Buck

**When Hope is Not Enough** - Bon Dobbs

**Stop Walking on Eggshells: Taking Your Life Back When Someone You Care about Has Borderline Personality Disorder** - Paul T. Mason & Randi Kreger

**Children of the Self-Absorbed: A Grownup’s Guide to Getting Over Narcissistic Parents**. - Nina W. Brown.

**Enough About You, Let's Talk About Me: How to Recognize and Manage the Narcissists in Your Life**. - Les Carter.

**Narcissism: Denial of the True Self**. - Alexander Lowen.

**Narcissistic Family, The. Diagnosis and Treatment**. - Stephanie Donaldson-Pressman and Robert M. Pressman.

**Trapped In The Mirror: Adult Children of Narcissists in Their Struggle for Self**. - Elan Golomb.

**Why Is It Always About You? The Seven Deadly Sins of Narcissism**. - Sandy Hotchkiss.

**Wizard of Oz and Other Narcissists, The: Coping with the One-Way Relationship in Work, Love, and Family**. - Eleanor D. Payson.

**The Psychopathy of Everyday Life: How Antisocial Personality Disorder Affects All of Us. -** Martin Kantor.

**In Sheep's Clothing: Understanding and Dealing with Manipulative** **People**. - George K. Simon Jr..

**The Sociopath Next Door**. - Martha Stout

**Stranger in the Nest: Do Parents Really Shape Their Child's Personality, Intelligence, or Character?** - David B. Cohen .

**Without Conscience: The Disturbing World of the Psychopaths Among Us.** Robert D. Hare.

**People of the Lie: The Hope for Healing Human Evil** - M. Scott Peck

**Films:**

***Boogie Nights. Mark Wahlberg, Burt Reynolds, Julianne Moore. Director: Paul Thomas Anderson, 1997.***

***Frida. Salma Hayek, Alfred Molna. Director: Julie Taymor, 2002.***

***Shine. Geoffrey Rush, Lynn Redgrave, John Gielgud. Director: Scott Hicks, 1997.***

***Shampoo. Warren Beatty, Goldie Hawn, Julie Christie. Director: Hal Ashby, 1975.***

***The Talented Mr. Ripley. Matt Damon, Gwyneth Paltrow, Jude Law, Cate Blanchett. Director: Anthony Minghella.***

***White Oleander. Michelle Pfeiffer, Alison Lohman. Director: Peter Kosminksy, 2002.***

***Fatal Attraction. Glenn Close, Michael Douglas, Anne Archer. Director: Adrian Lyne, 1987.***

***Hannibal Rising. Helena Lia Tachovska, Richard Leaf, Michele Wade. Director: Peter Webber, 2007.***

***Looking For Mr. Goodbar. Diane Keaton, Richard Gere, Tuesday Weld. Director: Richard Brooks, 1978.***

***Misery. Kathy Bates, James Caan. Director: Rob Reiner, 1990.***

***Play Misty For Me. Clint Eastwood, Jessica Walter. Director: Clint Eastwood, 1971.***

**FINANCIAL ISSUES**

**Your Money Style** - Olivia Mellan

**Courage to Be Rich, The, Creating a Life of Material and Spiritual Abundance**. Suze Orman. New York, NY: Riverhead Books, Penguin Putnam, Inc., 1999.

**Rich Dad, Poor Dad** - Robert T. Kioysaki

**Rich Dad, Poor Dad: What the Rich Teach Their Kids About Money--That the Poor and Middle Class Do Not!** - Robert T. Kiyosaki & Sharon L. Lechter

**Do What You Love, The Money Will Follow: Discovering Your Right Livelihood**. -Marsha Sinetar.

**God Wants You To Be Rich: How and Why Everyone Can Enjoy Material and Spiritual Wealth in Our Abundant World**. - Paul Zane Pilzer

**For Richer, Not Poorer: The Money Book for Couples**. - Ruth L. Hayden.

**Richest Man in Babylon**. - The. George S. Clason.

**The Secret Meaning of Money: How It Binds Together Families in Love, Envy, Compassion or Anger**. - Cloe’ Madanes & Claudio Madanes.

**Overcoming Overspending: A Winning Plan for Spenders and Their Partners** - Olivia Mellan and Sherry Christie

**Films:**

***The Pursuit of Happyness. Will Smith, Jaden Smith. Director: Gabriele Muccino, 2006.***

***Field of Dreams. Kevin Costner, Amy Madigan, James Earl Jones. Director: Phil Alden Robinson, 1989.***

***Fried Green Tomatoes. Kathy Bates, Mary Stuart Masterson, Mary-Louise Parker. Director: Jon Avnet, 1991.***

***Groundhog Day. Bill Murray, Andie MacDowell. Director: Harold Ramis, 1993.***

***Pleasantville. Tobey Maguire, Jeff Daniels, Joan Allen, William H. Macy, J.T. Walsh, and Reese Witherspoon. Director: Gary Ross, 1998.***

***Working Girl. Harrison Ford, Sigourney Weaver, Melanie Griffith. Director: Mike Nichols, 1988.***

**CAREER JOB SEARCH**

**What Color is Your Parachute** - A practical manual for job hunters and job changers

**PSYCHOTHERAPY**

**Existential Psychotherapy**. Irvin D. Yalom.

**Family Patterns Workbook, The: Breaking Free from Your Past & Creating a Life of Your Own**. Carolyn Foster.

**Ethnicity and Family Therapy** – Ed’s Monica McGoldrick, Joe Giordano & John Pearce

**Problem Solving Therapy** – Jay Haley

**The Family Crucible** – Augustus Napier and Carl Whitaker

**Cognitive Therapy of Depression** \_ Aaron Beck, John Rush, Brian Shaw & Gary Emery

**The Tactics of Change: Doing Therapy Briefly** – Robert Fisch, John Weakland, & Lynn Segal

**Treating Traumatized Children: Insights and Creative Interventions** - Beverly James

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

**101 Favorite Play Therapy Techniques, Vol. 3** - Heidi Kaduson

**101 More Favorite Play Therapy Techniques (Child Therapy Series)** - Heidi Kaduson

**Mindfulness and Psychotherapy**. Christopher K. Germer.

**The Doctor and the Soul: From Psychotherapy to Logotherapy** - Victor E. Frankl

**The Will to Meaning: Foundations and Applications of Logotherapy (Meridian)** - Victor E. Frankl

**Nutritional Influences on Illness: A Sourcebook of Clinical Research**. Melvin Werbach.

**The Psychology of Nutrition**. David Booth.

**The Therapeutic Relationship**. Petruska Clarkson.

**What You Feel, You Can Heal: A Guide for Enriching Relationships**. John Gray

**Films:**

***Bob & Carol & Ted & Alice. Natalie Wood, Robert Culp. Director: Paul Mazursky, 1969.***

***Don Juan DeMarco. Marlon Brando, Johnny Depp, Faye Dunaway. Director: Jeremy Leven, 1995.***

***Good Will Hunting. Robin Williams, Matt Damon, Ben Affleck, Minnie Driver. Director: Gus Van Sant, 1997.***

***Ordinary People. Donald Sutherland, Mary Tyler Moore. Director: Robert Redford, 1980.***

***What about Bob?. Bill Murray, Richard Dreyfuss. Director: Frank Oz, 1991.***

**Book on how to talk about sexuality with children**.

**For Parents:**  
     From diapers to dating; A parent’s guide to raising sexually healthy children  
          By Debra Haffner, MPH  
          This book gives clear, direct descriptions about age-appropriate behavior and knowledge for children ages 0-12.

     How to talk to your kids about really important things: For children four to twelve  
          By Charles Schaefer, and Theresa DiGeronimo  
          This book is intended to help parents organize their thoughts about how to talk with their children about tough issues.  
          Topics include divorce, violence, drug abuse, AIDS, homosexuality, prejudice, puberty, sex, and death. Charles  
          Schaefer is also the author of How to Talk to Children about Really Important Things, and How to Talk to           Teens about Really Important Things: Specific Questions and Answers and Useful Things to Say.

     Sex and sensibility; The thinking parent’s guide to talking sense about sex  
          By Deborah Roffman  
          This book is written by a sex educator. It provides a down-to-earth, realistic view of sexuality issues. Topics  
          discussed include age appropriate behaviors, values, cultural norms and differences, sexual orientation. The author  
          stresses the importance of empowering children with knowledge.

**For Children**:  
     Heather has two mommies  
          By Leslea Newman  
          As the title suggests, this book discusses issues of homosexuality. The young girl in the story, Heather, wonders  
          about how her family is different when she goes to school where she hears other children talk about having fathers.  
          The book ultimately talks about a variety of family forms, including gay fathers, one-parent families, and stepfamilies.  
  
     How you were born  
          By Joanna Cole  
          This book discusses pregnancy and childbirth at an appropriate level for young children. Sex and conception are not  
          mentioned, so you may want to be prepared to discuss these concepts outside the context of this book. It may be  
          best to use this book in addition to a book that discusses body parts and sexuality.

     Our new baby  
          By Wendy Cheyette Lewison  
          This book is appropriate for children who are going to have a baby sister or brother in their family soon. There is a  
          description of pregnancy, how much fun the baby can be, how to help, and other feelings that might result from the  
          new family member.  
  
     What’s the big secret?  
          By Laurie Krasny Brown, Ed.D. and Marc Brown  
          The focus of this book is to help children feel that sex is a subject that they can feel comfortable asking about. The  
          authors are honest and open in their approach. The book discusses the differences between boys and girls. Also,  
          illustrations and explanations show the sexual organs. Sexual intercourse and pregnancy are also touched upon,  
          although not in depth.

     Where did I come from?  
          By Peter Mayle  
          This book is descriptive and helps children learn about sexual organs, sex (gently described), pregnancy and birth.  
          The illustrations are clear and realistic, and appropriate for young children.

**For Pre-teens and Teenagers:**  
     Changing bodies, changing lives  
          By Ruth Bell  
          The author’s approach in this book is realistic and straightforward. The in-depth descriptions cover various sexuality  
          issues and other tough issues important to teenagers, including sex, violence, eating disorders, emotions,  
          relationships, physical development, STDs, pregnancy, contraception, drugs and health care. This author also  
          contributed to the books Our Bodies, Ourselves and Ourselves and Our Children.

     The teen body book: A guide to your changing body  
          By Judie Lewellen  
          This book discusses topics of concern to teenagers. There are illustrations to make the descriptions more  
          understandable. Issues covered have to do with puberty, body changes, sex, STDs, contraception, eating habits, and  
          exercise.

     What’s happening to me?  
          By Peter Mayle  
          This book is good for preteens and gives a straightforward description of why puberty happens, physical body  
          changes, hormones, masturbation, and other topics in sexuality. The tone helps keep the topic comfortable and easy-  
          to-understand.

     What’s happening to my body? book for girls: A growing up guide for parents and daughters   
     and  
     What’s happening to my body? book for boys: A growing up guide for parents and sons  
          By Lynda Madaras, and Area Madaras  
          These books are specifically formatted for each gender. They cover sexual issues that preteens may be embarrassed  
          to ask about, but in a way that can ease their discomfort. The authors are very thorough, and some teens may  
          respond better to a book that is written for specifically for their gender. Parents may benefit from reading through  
          these books before their child does, or they

From the First Bite: A Complete Guide to Recovery from Food Addiction by Kay Sheppard

Spirituality and food

The Bipolar Workbook; Tools for Controlling Your Mood Swings, - Monica Ramirez Basco, PhD