

## Reading and Internet Resources

- Conscious Discipline*, Becky A. Bailey (2001) [www.Consciousdiscipline.com](http://www.Consciousdiscipline.com)
- Easy To Love, Difficult to Discipline*, Becky A. Bailey (2000)
- The Explosive Child*, Ross W. Greene (2001)
- The Five Love Languages of Children*, Gary D. Chapman & Ross Campbell (1997, 2012)
- The Five Love Languages of Teens*, Gary D. Chapman (2005)
- How to Talk So Kids Will Listen & Listen So Kids Will Talk*, Adele Faber & Elaine Mazlish (1980, 1999, 2012)
- Kids, Parents, and Power Struggles*, Mary Sheedy Kircinka (2000)
- Managing Emotional Mayhem*, Becky A. Bailey (2011)
- Mindful Parent, Happy Child: A Guide to Raising Joyful and Resilient Children*, Pilar M. Placone (2011)  
[www.Mindfulparenthappychild.com](http://www.Mindfulparenthappychild.com)
- Mindset: The New Psychology of Success*, Carol Dweck (2007)
- No Drama Discipline*, Daniel J. Siegel, M.D & Tina Payne Bryson, PH. D. (2011) [www.drdansiegel.com](http://www.drdansiegel.com)
- Playful Parenting*, Lawrence J. Cohen (2002) [www.playfulparenting.com](http://www.playfulparenting.com)
- Positive Discipline*, Jane Nelsen (2006) [www.positivediscipline.com](http://www.positivediscipline.com)
- Raising a Secure Child*, Kent Hoffman, Glen Cooper, and Bert Powell (2017)
- Raising Self-Reliant Children in a Self-Indulgent World*, Stephen H. Glenn & Jane Nelsen (2000)
- Sleepless in America*, Mary Sheedy Kircinka (2006)
- Ten Things Every Child With Autism Wishes You Knew*, Ellen Notbohm (2005)
- There's Got To Be a Better Way*, Becky A. Bailey (2003)
- The Whole-Brain Child: Revolutionary Strategies to Nurture Your Child's Developing Mind*, Daniel Siegel & Tina Bryson (2011) [www.drdansiegel.com](http://www.drdansiegel.com)
- The Whole-Brain Child Workbook*, Daniel Siegel & Tina Bryson (2015) [www.drdansiegel.com](http://www.drdansiegel.com)
- When Things Get Crazy With Your Teens*, Michael J. Bradley (2017)
- Yes, Your Teen is Crazy!* Michael J. Bradley (2003)

## **For children:**

### **Mindfulness and Relaxation -**

*The Relaxation and Stress Reduction Workbook for Kids* Shapiro, Lawrence E., Sprague Robin., McKay Matthew (2009)

*Gia's Journey- A Story of Mindfulness for Children* Tryon, Michele (2016)

### **Worry and Anxiety**

*You've Got Dragons* Cave, Kathryn (2003),

*Wemberly Worried* Henkes, Kevin (2000)

### **Grief and Loss**

*The Invisible String* Karts, Patrice (2000)

### **Self-Esteem and Unconditional Regard**

*You're Always Enough and More Than I Hoped For* (Christian) –Emily Ley (2022)