

Recommended Books

General Parenting

Off Road Parenting: Practical Solutions for Difficult Behavior, by C. Pacifici, P. Chamberlain, & L. White

Parenting the Strong-Willed Child: The Clinically Proven Five Week Program for Parents of 2-6 Year Olds. By R. Forehand & N. Long

Parenting Your Out of Control Teenager: 7 Steps to Reestablish Authority and Reclaim Love. By S. Sells

Treating the Tough Adolescent: A Family Based, Step-by-Step Guide. By S. Sells

Win the Whining War and Other Skirmishes: A Family Peace Plan, by C. Whitham

Parenting with Love and Logic: Teaching Kids Responsibility, by F. Cline and J. Fay

The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children (Collaborative Problem-Solving), by R. Greene

Parenting from the Inside Out, By D. Siegel

The Five Love Languages of Teenagers, by G. Chapman

The Price of Privilege, by M. Levine

The Primal Wound, by N. Verrier

Smart Parenting Revolution, by Dr. Markova

Systematic Training for Effective Parenting of Teens, by D. McKay

Yes, Your Teen is Crazy, by Michael Bradley

The Family Crucible, by A Napier and C. Whitaker

The Eight Concepts of Bowen Theory, by R. Gilbert

Satir Step by Step: A Guide to creating Change in Families, by Virginia Satir and Michele Baldwin

Adult Children: The Secrets of Dysfunctional Families, by John & Linda Friel

The Dance of Anger by, Harriet Lerner

The Dance of Intimacy, by Harriet Lerner

You Just Don't Understand, by Deborah Tannen

Divorced Parents and Children

The Truth About Children and Divorce: Dealing with the Emotions So You and Your Children Can Thrive by Robert E. Emery

Making Divorce Easier on Your Child: 50 Effective Ways to Help Children Adjust by Nicholas Long and Rex L. Forehand

Standing on My Own Two Feet: A Child's Affirmation of Love in the Midst of Divorce by Tamara Schmitz

What in the World Do You Do When Your Parents Divorce? A Survival Guide for Kids by Kent Winchester J.D. and Roberta Beyer J.D.

Difficult Questions Kids Ask and Are Afraid to Ask About Divorce by Meg F. Schneider and Joan Zuckerberg

The Unexpected Legacy of Divorce: A 25 Year Landmark Study by Judith S. Wallerstein, Julia Lewis, and Sandra Blakeslee

Surviving The Breakup: How Children And Parents Cope With Divorce by Judith S. Wallerstein and Joan B. Kelly

What About the Kids?: Raising Your Children Before, During, and After Divorce by Judith S. Wallerstein

Borderline Personality Disorder

I Hate You, Don't Leave Me, by Dr. Jerold J. Kreisman and Hal Straus

Stop Walking on Eggshells: Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder, by Paul T. Mason and Randi Kreger

Understanding the Borderline Mother: Helping Her Children Transcend the Intense, Unpredictable, and Volatile Relationship, by Christine Ann Lawson.

Books about Adoption for Kids

Twenty Things Adoptive Kids Wish Their Adoptive Parents Knew, by Sherrie Eldridge

Twenty Life Transforming Choices Adoptees Need to Make, by Sherrie Eldridge

Journey of the Adopted Self: A Quest for Wholeness, by Betty Jean Lifton

A Man and His Mother: An Adopted Son's Search, by Tim Green

The Whole Life Adoption Book: Realistic Advice for Building a Healthy Adoptive Family (Paperback), by Jayne E. Schooler

Carolyn's Story: A Book About An Adopted Girl, by Perry Schwartz

Bipolar Books

Parenting a Bipolar Child: What to Do & Why, by Gianni L. Faedda

An Unquiet Mind, by Kay Redfield Jamison

Touched with Fire: Manic-Depressive Illness and the Artistic Temperament, by Kay Redfield Jamison

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

Bipolar Disorder: A Guide for Patients and Families (2nd Edition), by Francis Mark Mondimore

Eating Disorders

Stick Figure, by Lori Gottlieb (more of an autobiography but talks about her experience with therapy)

No Body's Perfect, by Kimberly Kirberger

The Secret Life of Bees, by Sue Monk Kidd—this is an adult novel, more about family dysfunction, but very helpful.

Just a Little Too Thin, by Michael Strober and Meg Schneider—written for parents but they find it useful to open up conversations in individual therapy

Trauma Books for Children and Teens

Uncle Willy's Tickles: A Child's Right to Say No, by M.Aboff

A Death in the Family, by J. Agee

The Two of Them, by B. Bean & S. Bennett

The Fall of Freddie the Leaf: A Story of Life for All Ages, By L. Buscaglia

Double-Dip Feelings: Stories to Help Children Understand Emotions, by B.S. Cain

Chicken Soup for the Teenage Soul; 101 Stories of Life, Loving, and Learning, By J. Canfield, M. Hansen, and K. Kirkberger (Eds)

Today I feel Silly and Other Moods That Make My Day, by J. L. Curtis

No More Hurt: A Growth and Recovery Workbook, by W. Deaton & K. Johnson

Nana Upstairs and Nana Downstairs, by T. A. de Paola

Josh's Smiley Faces: As Story About Anger, by G. Ditta-Donahue

It's My Body: A Book to Teach Young Children How to Resist Uncomfortable Touch, by L. Freeman

The Hyena Who Lost Her Laugh: A Story About Changing Your Negative Thinking, by D. Gilgannon

My Body Is Private, by L. W. Gilrard

Straight Talk About Death for Teenagers: How to cope with Losing Someone You Love, By E. Grollman

Death Be Not Proud: A Memoir, by J. Gunther

Goodbye Mouse, by R. H. Harris

It's Perfectly Normal: Changing Bodies, Growing Up, Sex and Sexual Health, By R.H. Harris and M. Emberley

It's So Amazing: A Book About Eggs, Sperm, Birth, Babies and Families, By R.H. Harris and M. Emberley

A Very Touching Book...For Little People and Big People, by J. Hindman

A Terrible Thing Happened: A Story for Children Who Have Witnessed Violence or Trauma, By M. M. Holmes

Please Tell: A Child's Story About Sexual Abuse, by S. H. Jessie

Something Happened and I'm Scared to Tell: A Book for Young Victims of Abuse, by P. Kehoe

The Trouble With Secrets, by K. Johnson

How It Feels When A Parent Dies, by J. Kremnetz

Shining Through: Pulling It Together After Sexual Abuse, By M. Loiselle & L. B. Wright

My Body Myself for Girls, by L. Madaras & A. Madaras

Where Did I Come From? The Facts of Life Without Any Nonsense and With Illustrations, By P. Mayle

Lifetimes: A Beautiful Way to Explain Death to Children, by B. Mellonie & R. Ingen

In Their Own Words: A Sexual Abuse Workbook for Teenage Girls by L. Munson and K. Riskin

The Lion Who Lost His Roar: A Book About Facing Your Fears, by M. S. Nass

Aarvy Aardvark Finds Hope: A Read Aloud Story for People of All Ages About Loving, Losing, Friendship, and Loss, by D. O'Toole

Bridge to Terabithia, by K. Paterson

Strait Talk About Post Traumatic Stress Disorder: Coping With the Aftermath of Trauma, by K. M. Porterfield

What On Earth Do You Do When Someone Dies? By T. Romain

I Can't Talk About It: A Child's Book About Sexual Abuse, by D. Sanford

Something Must Be Wrong With Me: A Boy's Book About Sexual Abuse, by D. Sanford

A Taste of Blackberries, by D. B. Smith

The Penguin Who Lost Her Cool: A Story About Controlling Your Anger, by M. Sobel

The Can Do Duck: A Story About Believing In Yourself, by L. Sosland

My Body Is Private, by L. W. Girard
Your Body Belongs to You, by C. Spelman
Let's Talk About Taking Care of You!: An Educational Book About Body Safety, by L. Stauffer and E. Deblinger
I Miss You: A First Look at Death, by P. Thomas
Badger's Parting Gifts, by S. Varley
The Tenth Good Thing About Barney, by J. Viorst
No More Secrets for Me, by O. Wachter
Charlotte's Web, by E.B. White
Maybe Days: A Book For Children in Foster Care, by J. Wilgocki & M. K. Wright
Back on Track: Boys Dealing With Sexual Abuse, by L. B. Wright & M. Loiselle

Firsthand Accounts of Mental Disorders

A Bird's Eye View of Life with ADD and ADHD: Advice from Young Survivors, by Chris Zeigler and Alex Zeigler

Freaks, Geeks and Asperger's Syndrome: A User Guide to Adolescence, by Luke Jackson

Mind Race: A Firsthand Account of One Teenager's Experience with Bipolar Disorder, by Patrick Jamieson and Moira Rynn

Monochrome Days: A Firsthand Account of One Teenager's Experience with Depression, by Cait Irwin with Dwight Evans and Linda Andrews

Trouble In My Head: A Young Girls' Fight with Depression, by Mathilde Monaque

Chasing the High: A Firsthand Account of One Young Person's Experience with Substance Abuse, by Kyle Keegan with Howard Moss

Smashed: The Story of a Drunken Girlhood, by Koren Zailckas

The Thought that Counts: A Firsthand Account of One Teenager's Experience with Obsessive Compulsive Disorder, by Jared Kant with Martin Franklin and Linda Andrews

Me, Myself, and Them: A Firsthand Account of One Young Person's Experience with Schizophrenia, by Kurt Snyder with Raquel Gur and Linda Andrews

Eight Stories Up: An Adolescent Chooses Hope Over Suicide, by Dequincy Lezine with David Brent

Tic Talk: Living with Tourette Syndrome – A 9 Year Old Boy's Story in His Own Words, by Dylan Peters

Hi, I'm Adam: A child's Story of Tourette Syndrome, by Adma Buehrens

Adam and the Magic Marble: A Magical Adventure, by Adam and Carol Buehrens