

## Appendix B

# Recommended Reading for Children, Parents, Adolescents and Adults \*

### Books for Children

1. **YOUNGER:** Parr, T. (2009). *It's Okay to be Different*. New York, NY: Little, Brown & Co.
2. **YOUNGER:** MacLean, K. L. (2004). *Peaceful Piggy Meditation*. Morton Grove, IL: Albert Whitman & Company
3. **YOUNGER:** Cave, K. & Maland, N. (2003). *You've Got Dragons*. Atlanta, GA: Peachtree
4. **YOUNGER:** Bottner, B. & Chess, V. (2003). *The Scaredy Cats*. New York, NY: Simon & Schuster
5. **OLDER:** Shapiro, L., Sprague, R. & McKay, M. (2009). *The Relaxation and Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety and Transitions*. Oakland, CA: Instant Help.
6. **OLDER:** DuPrau, J. (2004). *The City of Ember*. New York, NY: Random House

### Books for Adolescents

1. **ADHD:** Honos-Webb, L. (2011). *The ADHD Workbook for Teens: Activities to Help You Gain Motivation and Confidence*. Oakland, CA: Instant Help.
2. **GENERAL:** Ciarrochi, J., Hayes, L., Bailey, A. & Hayes, S. (2012). *Get Out of Your Mind and Into Your Life for Teens: A Guide to Living an Extraordinary Life*. Oakland, CA: Instant Help.

Robinson & Reiter (2015). *Behavioral Integration and Primary Care: A Guide to Integrating Services, 2<sup>nd</sup> Edition*

3. **MOOD:** Van Dijke, S. (2011). *Don't Let Your Emotions Run Your Life for Teens: Dialectical Behavior Therapy Skills to Help You Manage Mood Swings, Control Angry Outbursts, and Get Along with Others*. Oakland, CA: Instant Help.
4. **SELF-ESTEEM:** Schab, L. (2013). *The Self-Esteem Workbook for Teens: Activities to Help You Build Confidence and Achieve Your Goals*. Oakland, CA: Instant Help
5. **SOCIAL:** Shannon, J., Shannon, D., & Padesky, C. (2012). *The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence*. Oakland, CA: Instant Help.

### **Books for Parents**

1. **ADHD:** Barkley, R. (2013). *Taking Charge of ADHD, Third Edition: The Complete, Authoritative Guide for Parents*. New York, NY: Guilford.
2. **GENERAL:** Cloud, H. & Townsend, J. (2001). *Boundaries with Kids: When to Say Yes, When to Say No, To Help Your Children Gain Control of Their Lives*. Grand Rapids, MI: Zondervan.
3. **GENERAL:** Kazdin, A. E. & Rotella, C. (2014). *The Everyday Parenting Toolkit: The Kazdin Method for Easy, Step-by-Step, Lasting Change for You and Your Child*. New York, NY: Mariner Books.
4. **GENERAL:** Latham, G. (1994). *The Power of Positive Parenting: A Wonderful Way to Raise Children*. Logan, UT: P & T Ink.
5. **GENERAL:** Lee, S. (2004). *It Worked for Me! Parents Reveal Their Secrets to Solving the Everyday Problems of Raising Kids—From Thumb Sucking to Schoolyard Fights*. New York, NY: St. Martins.

6. **GENERAL:** Sloane, H. N. (1979). *The Good Kid Book: How to Solve the 15 Most Common Behavior Problems*. Champaign, IL: Research Press.
7. **INFANT/TODDLER:** Karp, H. (2003). *The Happiest Baby on the Block*. New York, NY: Bantam.
8. **YOUNG CHILDREN:** Webster-Stratton, C. (1992). *The Incredible Years: A Trouble-Shooting Guide for Parents of Children Ages 3-8 Years*. Toronto: Umbrella Press.
9. **ADOLESCENTS:** Patterson, G. R., & Forgatch, M. (1987). *Parents and Adolescents Living Together: The Basics*. Eugene, OR: Castillia Publishing.

### **Books for Adults**

1. **ADHD:** Barkley, R. A. (2010). *Taking Charge of Adult ADHD*. New York, NY: Guilford.
2. **ANGER:** Eifert, G. H., McKay, M., Forsyth, J. P. & Hayes, S. C. (2006). *ACT on Life Not on Anger: The New Acceptance and Commitment Therapy Guide to Problem Anger*. Oakland, CA: New Harbinger.
3. **ANXIETY:** Forsyth, J. & Eifert, G. (2008). *The Mindfulness and Acceptance Workbook for Anxiety*. Oakland, CA: New Harbinger.
4. **BIPOLAR:** Miklowitz, D. J. (2010). *The Bipolar Disorder Survival Guide, Second Edition: What You and Your Family Need to Know*. New York, NY: Guilford.
5. **CHRONIC PAIN:** Moore, J., Lorig, K., Von Korff, M., Gonzalez, V. & Laurent, D. (1999). *The Back Pain Helpbook*. Boston, MA: Da Capo.
6. **COUPLES:** Glass, S. P. & Staeheli, J. C. (2004). *Not "Just Friends": Rebuilding Trust and Recovering Your Sanity After Infidelity*. New York, NY: Atria.

7. **COUPLES:** Gottman, J. M. & Silver, N. (2000). *The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert*. New York, NY: Harmony.
8. **DEPRESSION:** Robinson, P. J. & Strosahl, K. D. (2008). *The Mindfulness and Acceptance Workbook for Depression*. Oakland, CA: New Harbinger.
9. **DIABETES:** Gregg, J., Callahan, G. & Hayes, S. C. (2007). *The Diabetes Lifestyle Book: Facing Your Fears and Making Changes for a Long and Healthy Life*. Oakland, CA: New Harbinger.
10. **EATING/EXERCISE:** Brownell, K. (2004). *The LEARN Program for Weight Management*. Euless, TX: American Health.
11. **EATING/EXERCISE:** Taitz, J. & Safer, D. L. (2012). *End Emotional Eating: Using Dialectical Behavior Therapy Skills to Cope with Emotions and Develop a Healthy Relationship to Food*. Oakland, CA: New Harbinger.
12. **GRIEF:** Kubler-Ross, E. & Kessler, D. (2007). *On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss*. Scribner.
13. **HEALTH ANXIETY:** Gordon, J. G. & Taylor, S. (2005). *It's Not All In Your Head: How Worrying About Your Health Could Be Making You Sick—And What You Can Do About It*. New York, NY: Guilford.
14. **MOOD:** Burns, D. (2008). *Feeling Good: The New Mood Therapy*. New York, NY: Harper.
15. **MOOD:** Greenberger, D. & Padesky, C. (1995). *Mind Over Mood: Change How You Feel by Changing How You Think*. New York, NY: Guilford.

16. **SELF-ESTEEM:** Harris, R. (2011). *The Confidence Gap: A Guide to Overcoming Fear and Self=Doubt*. New York, NY: Random House.
17. **SELF-HARM:** Van Gelder, K. (2010). *The Buddha and the Borderline: My Recovery from Borderline Personality Disorder through Dialectical Behavior Therapy, Buddhism, and Online Dating*. Oakland, CA: New Harbinger.
18. **SERIOUS MENTAL ILLNESS:** Young, J. & Adamec, C. (2013). *When Your Adult Child Breaks Your Heart: Coping with Mental Illness, Substance Abuse and the Problems that Tear Families Apart*. Guilford, CT: Globe Pequot.
19. **SEXUAL DYSFUNCTION:** Keesling, B. (2006). *Sexual Healing: The Complete Guide to Overcoming Common Sexual Problems*. Alameda, CA: Hunter.
20. **STRESS:** Kabat-Zinn, J. (2005). *Wherever You Go, There You Are*. New York, NY: Hyperion.
21. **STRESS:** Strosahl, K. D. & Robinson, P. J. (2014). *In This Moment: Five Steps to Transcending Stress Using Mindfulness and Neuroscience*. Oakland: New Harbinger.
22. **STRESS:** Stahl, B. & Goldstein, E. (2010). *A Mindfulness-Based Stress Reduction Workbook*. Oakland, CA: New Harbinger.
23. **SUBSTANCE ABUSE:** Wilson, K. & DuFrene, T. (2012). *The Wisdom to Know the Difference: An Acceptance and Commitment Therapy Workbook for Overcoming Substance Abuse*. Oakland, CA: New Harbinger.
24. **TRAUMA:** Rosenbloom, D., Williams, M. B. & Watkins, B. E. (2010). *Life After Trauma, Second Edition: A Workbook for Healing*. New York, NY: Guilford.

\* Note that these are not the only books appropriate for self-help, and many BHCs and patients find different titles that are helpful. These are merely some of the books we recommend.