



Books for Parents

- Helping Your Anxious Teen: Positive Parenting Strategies to Help Your Teen Beat Anxiety, Stress and Worry by Sheila Achar Josephs, PhD
- Helping Your Depressed Child: A Step-by-Step Guide for Parents by Martha Underwood Bernard, PhD
- The Illustrated Happiness Trap: How to Stop Struggling and Start Living by Russ Harris & Bev Aisbett
- The Kazdin Method for Parenting the Defiant Child By Alan Kazdin, PhD
- How to Talk so Kids Will Listen and Listen So Kids Will Talk by Adele Faber and Elaine Mazlish
- Managing Your Child's Chronic Pain by Tonya Palermo, PhD, and Emily Law, PhD

Feelings Books for Kids

- The Color Monster: A Story about Emotions by Anna Llenas
- The Way I Feel by Janan Cain
- Listening to my Body by Gabi Garcia
- In My Heart: A Book of Feelings by Jo Witek and Christine Roussey
- Sitting Still Like a Frog: Mindfulness Exercises for Kids (and their Parents) by Eline Snel