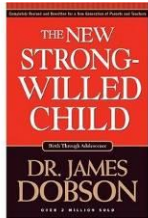




RECOMMENDED READING LIST
 UPDATED 02/2011



PARENTING

AD/HD

ANXIETY

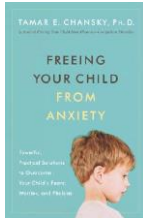
DEPRESSION



BIPOLAR DISORDER

MOOD DISORDERS

GRIEF & LOSS

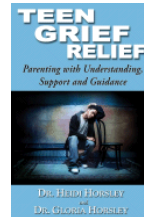
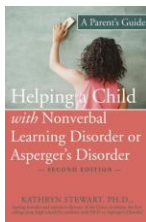


LEARNING DISORDERS

NON-VERBAL LEARNING DISORDERS

MENTAL RETARDATION

AUTISM



PERVASIVE DEVELOPMENTAL DISORDERS

SCHIZOPHRENIA

MEDICATION

RECOMMENDED WEBSITES



9106 NORTH MERIDIAN • SUITE 100 • INDIANAPOLIS, IN 46260
WWW.CHILDRENSRESOURCEGROUP.COM
317-575-9111

GENERAL PARENTING

1-2-3 Magic: Effective Discipline for Children 2-12. Thomas W. Phelan. Parent Magic, Inc. 4th Edition. 2014.

Behavior Problems in Preschool Children. Susan B. Campbell. Guilford Press, 2002.

Get Out of My Life – But First Could You Drive Me and Cheryl to the Mall? A Parent’s Guide to the New Teenager. Anthony E. Wolf. Farran, Straus, & Giroux. Revised 2001.

Kids, Parents, and Power Struggles: Winning for a Lifetime. Mary Sheedy Kurcinka. 2001.

Kids in the Syndrome Mix of ADHD, LD, Asperger’s, Tourette’s, Bipolar and More! Martin L. Kutscher, M.D. Jessica Kingsley Publishers, 2005.

Lost at School: Why Our Kids with Behavioral Challenges are Falling through the Cracks & How We Can Help Them. Ross W. Greene. Scribner, 2009.

Setting Limits with Your Strong-Willed Child: Eliminating Conflict by Establishing Clear, Firm, and Respectful Boundaries (2nd Edition). Robert Mackenzie, EdD. Harmony, 2013.

Socially ADDept: Teaching Social Skills to Children with ADHD, LD, & Aspergers. Janet Z. Giler. Jossey-Bass. Revised 2011.

SOS Help for Parents: A Practical Guide for Handling Common Everyday Behavior Problems (3rd Edition). Lynn Clark. SOS Programs & Parents Press, 2005.

Surviving your Adolescents: How to Manage and Let Go of Your 13-18 Year Olds (3rd Edition). Thomas Phelan, PhD. Parentmagic Inc., 2012.

The Childhood Roots of Adult Happiness: Five Steps to Help Kids Create and Sustain Lifelong Joy. Edward M. Hallowell. Ballantine Books, 2003.

The Explosive Child: A New Approach for Understanding & Parenting Easily Frustrated, Chronically Inflexible Children (5th Edition). Ross Greene. Harper-Collins. 2014.

The NEW Strong-Willed Child. James Dobson. Tyndale House, 2004.

Treating Explosive Kids: The Collaborative Problem-Solving Approach. Ross Greene & J. Stuart Ablon. Guilford Press, 2006.

When Your Child Has a Disability. Mark L. Batshaw. Paul H. Brookes Publishing Co., 2001.

When You Worry About the Child You Love: Emotional and Learning Problems in Children. Edward Hallowell. DIANE Publishing Co., 1999.

Yes, Your Teen Is Crazy. Michael Bradley. Harbor Press, 2001.

Your Defiant Teen: 10 Steps to Resolve Conflict & Rebuild Your Relationship. Russell Barkley & Arthur Robin. Guilford Press, 2008.

ATTENTION-DEFICIT HYPERACTIVITY DISORDER

A Bird's-Eye View of Life with ADD and ADHD: Advice from Young Survivors. C. Zeigler Dendy & A. Zeigler. Cherish the Children. 2nd Edition, 2007.

ADHD in Adults: What the Science Says. Barkley, Murphy, & Fischer. Guilford Press, 2008.

AD/HD Parenting Handbook: Practical Advice for Parents from Parents. Colleen Alexander-Roberts. Taylor-Trade Publishing. 2nd Edition, 2006.

ADHD: What Every Parent Needs to Know (2nd Edition). Michael Reif, M.D. The American Academy of Pediatrics, 2011.

Answers to Distraction. Edward Hallowell & John Ratey. Random House, Inc. Revised & Updated 2010.

Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder. Edward Hallowell & John Ratey. Ballantine Books, 2005.

Driven to Distraction. Edward Hallowell & John Ratey. Simon & Schuster, 1995.

Married to Distraction: How to Restore Intimacy & Strengthen Your Partnership in an Age of Interruption. E. Hallowell, S. Hallowell, & M. Orlov. Ballantine Books, 2011.

More Attention, Less Deficit: Success Strategies for Adults with ADHD. Ari Tuckman. Specialty Press, 2009.

Parenting Children with ADHD: 10 Lessons That Medicine Cannot Teach. Vincent J. Monastra. APA, 2004.

School Success for Kids with ADHD. Silverman, Iseman, & Jeweler. Prufrock Press, 2009.

Smart but Scattered: The Revolutionary "Executive Skills" Approach to Helping Kids Reach their Potential. Peg Dawson & Richard Guare. Guilford Press, 2009.

Succeeding with Adult ADHD: Daily Strategies to Help You Achieve your Goals and Manage you Life. Abigail Levrini, PhD & France Prevatt, MD. American Psychological Association, 2012

Super-Parenting for ADD: An Innovative Approach to Raising Your Distracted Child. Edward Hallowell & Peter Jensen. Ballantine Books, 2010.

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Learning To Slow Down & Pay Attention: A Book for Kids About ADHD. Kathleen Nadeau & Ellen B. Dixon. Magination Press. 3rd Edition, 2004.

Train your Brain for Success: A Teenager's Guide to Executive Functions. Randy Kulman. Specialty Press, 2012.

ANXIETY, DEPRESSION, & BIPOLAR / MOOD DISORDERS

- An Unquiet Mind: A Memoir of Moods and Madness.* Kay Redfield Jameson. Vintage Books, 1995.
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- Helping Your Anxious Child: A Step-by-Step Guide for Parents.* Ronald Rapee. New Harbinger, 2008.
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- Lonely, Sad, and Angry: How to Help Your Unhappy Child.* Barbara Ingersoll & Sam Goldstein. Specialty Press/A.D.D. Warehouse. 2001.
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- Raising a Moody Child: How to Cope with Depression and Bipolar Disorder.* Mary Fristad & Jill Goldberg Arnold. Guilford Press, 2004
- Shadow Syndromes.* John J. Ratey & Catherine Johnson. Oxford University Press, Inc., 1990.
- Survival Strategies for Parenting Children with Bipolar Disorder.* George T. Lynn. Jessica Kingsley Publishers, 2000.
- Take Charge of Bipolar Disorder: A Four-Step Plan for You & Your Loved Ones to Manage the Illness & Create Lasting Stability.* John Preston & Julie Fast. Warner Wellness, 2006.
- Talking to Depression: Simple Ways to Connect When Someone in Your Life is Depressed.* Claudia J. Strauss. New American Library, 2004.
- The Bipolar Child: The Definitive and Reassuring Guide to Childhood's Most Misunderstood Disorder.* Demetri & Janice Papolos. Broadway Books. 3rd Edition, 2007.
- The Bipolar Disorder Survival Guide: What You and Your Family Need to Know (2nd Edition).* David J. Miklowitz. Guilford Press, 2010.

Two Bipolar Chicks Guide to Survival: Tips for Living with Bipolar Disorder. Wendy K. Williamson & Honora Rose, Post Hill Press, 2014.

The Anxiety Cure for Kids: A Guide for Parents and Children (2nd Edition). Elizabeth DuPont Spencer, Robert L. DuPont, & Caroline M. Dupont. Wiley, 2014.

When Someone You Love is Bipolar. Cynthia G. Last. The Guilford Press, 2009.

Worry: Hope and Help for a Common Condition. Edward Hallowell. Random House, 1998.

FOR CHILDREN, ADOLESCENTS, & YOUNG ADULTS

Behind Happy Faces: Taking Charge of Your Mental Health – A Guide for Young Adults. Ross Szabo & Melanie Hall. Volt Press, 2007.

Brandon and the Bipolar Bear: A Story for Children with Bipolar Disorder. Anglada, Taylor, & Ferguson. BP Children. Revised, 2009.

David and the Worry Beast: Helping Children Cope with Anxiety. Anne Marie Gunaci. New Horizon Press, 2007.

Facing Bipolar: The Young Adult's Guide to Dealing with Bipolar Disorder. Russ Federman & J. Anderson. New Harbinger Publications, 2010.

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What to Do when Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD. Dawn Huebner. Magination Press, 2007.

What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety. Dawn Huebner. Magination Press, 2006.

EATING DISORDERS

100 Questions & Answers About Eating Disorders. Carolyn Costin. Jones and Bartlett Learning, 2007.

Eating with your Anorexic: How my Child recovered Through Family-Based Treatment and Yours Can Too. Laura Collins. McGraw Hill, 2005.

Feeding Your Anorexic Adolescent. Claire P. Norton. Nutripress, 2009.

Help Your Teenager Beat an Eating Disorder. James Lock and Daniel Le Grange. The Guilford Press, 2005.

If Your Adolescent has An Eating Disorder: An Essential Resource for Parents. B. Timothy Walsh & V. L. Cameron. Oxford University Press, 2005.

Surviving an Eating Disorder: Strategies for Family and Friends Third Edition. Michele Siegel, Judith Brisman, and Margot Weinshel. Harper Collins, 2009.

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FOR CHILDREN, ADOLESCENTS, & YOUNG ADULTS

Your Body is Awesome: Body Respect for Children. Sigrun Danielsdottir. Singing Dragon, 2014.

GRIEF / LOSS / SEPARATION ANXIETY

A Parent's Guide to Raising Grieving Children: rebuilding your Family after the Death of a Loved One. Phyllis Silverman & Madelyn Kelly. Oxford University Press, 2009.

After a Parent's Suicide: Helping Children Heal. Margo Requarth. Healing Hearts Press, 2008.

Children and Grief: Helping Your Child Understand Death. Joey O'Connor. Revell, 2004.

How Do We Tell the Children?: A Step-by-Step Guide for Helping Children and Teens Cope When Someone Dies (4th Edition). Daniel Schaefer & Christine Lyons. William Morow Paperbacks, 2010.

It's Okay to Cry: A Parent's Guide to Helping Children Through the Losses of Life. WaterBrook Press, 2004.

Night Falls Fast: Understanding Suicide. Kay Redfield Jamison. Vintage Books, 1999.

Parenting Through Crisis: Helping Kids in Times of Loss, Grief, and Change. Barbara Coloroso. Harper Collins, 2001.

Teen Grief Relief: Parenting with Understanding, Support and Guidance. Heidi Horsley & Gloria Horsley. Rainbow Books, Inc. 2007.

The No-cry Separation Anxiety Solution. Elizabeth Pantley. McGraw-Hill, 2010.

Understanding and Addressing Adolescent Grief Issues. David A. Opalewski. National Center for Youth Issues, 2007.

When a Child You Love is Grieving. Harold Ivan Smith. Beacon Hill Press, 2012.

When Children Grieve: For Adults to Help Children Deal with Death, Divorce, Pet Loss, Moving, and Other Losses. James, Friedman, & Matthews. HarperCollins Publishers. 2002.

FOR CHILDREN, ADOLESCENTS, & YOUNG ADULTS

I Miss You. Pat Thomas. Barron's Educational Series, 2001.

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Helping Your Child Overcome Separation Anxiety or School Refusal. Andrew Eisen & Linda Engler. New Harbinger Publications, 2006.

The Grieving Teen: A Guide for Teenagers and their Friends. Helen Fitzgerald. Fireside, 2000.

The Invisible String. Patrice Karst. DeVorss & Company. 8th Edition. 2000.

Water Bugs & Dragonflies: Explaining Death to Young Children. Doris Stickney. Pilgrim Press, 2004.

When a Friend Dies: A Book for Teens about Grieving & Healing. Marilyn E. Gootman. Free Spirit Publishing, 2005.

When Your Grandparent Dies: A Child's Guide to Good Grief. Victoria Ryan. Abbey Press, 2002.

LEARNING DISORDERS (DYSLEXIA)

- Diagnosing Learning Disorders: A Neuropsychological Framework.* Bruce F. Pennington. Guilford Press. 2nd Edition, 2008.
- Dyslexia.* A. Silverstein, V. Silverstein, & L. Silverstein Nunn. My Health, 2001.
- Dyslexia and the iPad: Overcoming Dyslexia with Technology.* James & Linda Nuttall. CreateSpace Independent Publishing Platform, 2013.
- The Everything Parent's Guide to Children with Dyslexia.* Abigail Marshall. Adams Media, 2004.
- Overcoming Dyslexia: A New and Complete Science-Based Program for Reading Problems at Any Level.* Sally Shaywitz. Random House, 2005.
- Overcoming Dyslexia for Dummies.* Tracey Wood, M.Ed. Wiley Publishing, Inc. 2006.
- The Dyslexia Checklist: A Practical Reference for Parents and Teachers.* Sandra F. Rief & Judith M. Stern. Jossey-Bass, 2010.
- The Dyslexia Empowerment Plan: A Blueprint for Renewing your Child's Confidence and Love of Learning.* Ben Foss. Ballantine Books, 2013.
- What is Dyslexia?: A Book Explaining Dyslexia for Kids and Adults to Use Together.* Alan M. Hultquist. Jessica Kingsley, 2008.

NONVERBAL LEARNING DISORDERS

- Bridging the Gap: Raising a Child with a Nonverbal Learning Disorder.* Rondalyn Varney Whitney. Perigee Trade, 2002.
- Helping a Child with Nonverbal Learning Disorder or Asperger's Disorder: A Parent's Guide.* Kathryn Stewart, Ph.D. Harbinger Publications. 2nd Edition, 2007.
- Helping Children with Nonverbal Learning Disabilities to Flourish: A Guide for Parents and Professionals.* Marilyn Martin. Jessica Kinglsey, 2007.
- Making Sense of Children's Thinking and Behavior: A Step-by-Step Tool for Understanding Children with NLD, Asperger's, HFA, PDD-NOS, and other Neurological Differences.* Leslie Holzhauser-Peters & Leslie True. Jessica Kingsley Publishers, 2008.
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- NVLD at Home.* Pam Tanguay. Taylor and Francis, 2001.
- Nonverbal Learning Disabilities at School.* Sue Thompson & Pamela Tanguay. Jessica Kingsley Publishers, 2002

Nonverbal Learning Disorder: Understanding and Coping with NLD and Asperger's-What Parents & Teachers Need to Know. Rondalyn Varney Whitney. Penguin Group, 2008.

Raising NLD Superstars: What Families with Nonverbal Learning Disabilities Need to Know about Nurturing Confident, Competent Kids. Marcia Brown Rubenstein. Jessica Kingsley Publishers. 2005.

The Source for Nonverbal Learning Disorders. LinguiSystems. 1-800-776-4332.
<http://www.linguisystems.com>

Understanding Nonverbal Learning Disabilities: A Common-Sense Guide for Parents and Professionals. Maggie Mamen. Jessica Kingsley Publishing, 2007.

MENTAL RETARDATION / INTELLECTUAL DISABILITY

Intellectual Disability: A Guide for Families and Professionals. James C. Harris. Oxford University Press, 2010.

Mental Retardation: Nature, Cause, and Management. George Baroff. Brunner/Mazel. 3rd Edition, 1999.

PERVASIVE DEVELOPMENTAL DISORDERS / AUTISM

1001 Great Ideas for Teaching & Raising Children with Autism or Asperger's. Ellen Notbohm & Veronica Zysk. Future Horizons Inc., 2010.

A Beginner's Guide to the Pervasive Developmental Disorders: A Simple Introduction to Autistic Spectrum Disorder, Asperger Syndrome, & PDD-NOS For Parents & Teachers. Paul G. Taylor. Altorfer Publishing, 2009.

Asperger Syndrome and Difficult Moments: Practical Solutions for Tantrums, Rage, and Meltdowns. Brenda Smith Miles & Jack Southwick. Autism Asperger Publishing Co. 2005.

Autism: Explaining the Engima. Uta Frith. Wiley-Blackwell Publishers. 2nd Edition, 2003.

Autism & Asperger's in Layman's Terms: Your Guide to Understanding Autism, Asperger's Syndrome, PDD-NOS and Other Autism Spectrum Disorders (ASDs). Raymond LeBlanc. 2012.

Autism & Asperger's Syndrome (The Facts). S. Baron-Cohen. Oxford University Press, 2008.

Autism / Asperger's: Solving the Relationship Puzzle. Steven E. Gutstein. Future Horizons, 2001.

Autism Answer Book: More than 300 of the Top Questions Parents Ask. William Stillman, Sourcebooks Inc., 2007.

Autism Spectrum Disorders: The Complete Guide to Understanding Autism, Asperger's Syndrome, Pervasive Developmental Disorder, & Other ASDs. Chantal Sicile-Kira. Perigee Trade. 2004.

Can I Tell You About Asperger Syndrome: A Guide for Friends and Family. Jude Welton. Jessica Kingsley Publishers, 2004.

Growing Up on the Spectrum: A Guide to Life, Love, and Learning for Teens and Young Adults with Autism and Asperger's. Lynn Kern Koegel & Claire LaZebnik. Viking Adult, 2009

The Child with Autism at Home & in the Community: Over 600 Must-have tips for Making Home and Outings Easier for Everyone!. Kathy Labosh & Lanita Miller. Future Horizons Inc., 2011

Parenting a Child with Asperger Syndrome. Brenda Boyd. Jessica Kingsley Publishers, 2003.

Parenting Girls on the Autism Spectrum. Eileen Riley-Hall. Jessica Kingsley Publishers, 2012.

Pervasive Developmental Disorder: An Altered Perspective. Barbara Quinn & Anthony Malone. Jessica Kingsley Publishers, 2000.

Pervasive Developmental Disorders: Finding a Diagnosis and Getting Help. Mitzi Waltz. O'Reilly, 1999.

Relationship Development Intervention with Children, Adolescents and Adults: Social and Emotional Development Activities for Asperger's Syndrome, Autism, PDD and NLD. Steven Gutstein & Rachelle Sheely. Jessica Kingsley Publishers, 2002.

Ten Things Every Child with Autism Wishes You Knew. Ellen Notbohm. Future Horizons Inc., 2012.

The Complete Guide to Asperger's Syndrome. Tony Attwood. Jessica Kingsley Press, 2008.

The World of the Autistic Child. Bryna Siegel. New York: Oxford Press, 1996.

Understanding the Nature of Autism: A Guide to the Autism Spectrum Disorders, Second Edition. Janice Janzen. Therapy Skill Builders, 2003.

ASPERGER/AUTISM - SUCCESS IN WORK & SCHOOL

Developing Talents: Careers for Individuals with Asperger Syndrome & High-Functioning Autism. Temple Grandin & Kate Duffy. Autism Asperger Publishing Co. Updated 2008.

How to Find Work That Works for People with Asperger Syndrome: The Ultimate Guide for Getting People with Asperger Syndrome into the Workplace (And Keeping Them There!). Gail Hawkins. Jessica Kingsley Publishers, 2004.

Helping Children with Autism Learn: Treatment Approaches for Parents & Professionals. Bryna Siegel, Ph.D. Oxford University Press, 2003.

Succeeding in College with Asperger's Syndrome. Harpur, Lawlor, & Fitzgerald. Jessica Kingsley Publishers, 2004.

SCHIZOPHRENIA

Diagnosis: Schizophrenia. Rachel Miller & Susan E. Mason. Columbia University Press. 2nd Edition, 2011.

Getting Your Life Back Together When You Have Schizophrenia. Roberta Temes, Ph.D. Harbinger Publications, 2002.

If Your Adolescent has Schizophrenia: An Essential Resource for Parents. Raquel E. Gur & Ann Braden Johnson. Oxford University Press, 2006.

Surviving Schizophrenia: A Family Manual (6th Edition). E. Fuller Torrey, M.D. Harper Perennial, 2013.

Surviving Schizophrenia: A Manual for Families, Patients, & Providers. 5th Edition. E. Fuller Torrey, M.D. HarperCollins Publishers, 2006.

The Center Cannot Hold: My Journey Through Madness. Elyn R. Saks. Hyperion, 2007.

The Complete Family Guide to Schizophrenia: Helping Your Loved One Get the Most Out of Life. Kim T. Mueser, Ph.D. & Susan Gingerich MSW. Guilford Press, 2006.

MEDICATION

Straight Talk About Psychiatric Medications for Kids. Timothy Wilens. Guilford Press, 2008.

Should I Medicate My Child?: Sane Solutions for Troubled Kids With-and Without-Psychiatric Drugs.
Lawrence H. Hille, M. D. Basic Books, 2003.

Taking the Mystery Out of Medications in Autism/Asperger Syndromes. Luke Tsai, M.D. Future Horizons, 2001.

RECOMMENDED WEBSITES

PARENTING

- *American Psychiatric Association* www.healthyminds.org
- *Non Profit Mental Health Resource* www.helpguide.org
- *National Alliance on Mental Illness* www.nami.org
- *National Institute of Mental Health* www.nimh.nih.gov/

ANXIETY

- *Anxiety Disorders Association of America* <http://www.adaa.org>

AD/HD

- *Children & Adults with Attention Deficit/Hyperactivity Disorder* www.chadd.org
- *National Resource Center on ADHD* www.help4adhd.org
- *Attention Deficit Disorder Association* <http://www.add.org/>
- *ADDvance* www.addvance.com

BIPOLAR DISORDER

- *Child and Adolescent Bipolar Foundation* www.bpkids.org
- *Georgia Children Bipolar Foundation* www.gcbf.org
- *Depression and Bipolar Support Alliance* www.dbsalliance.org

ASD/PDD

- *Autism Society of America* <http://www.autism-society.org/>
- *O.A.S.I.S. at MAPP* <http://www.aspergersyndrome.org/>
- *Indiana Resource Center for Autism* www.iidc.indiana.edu/irca
- *Autism Speaks Book List* <http://www.autismspeaks.org/family-services/resource-library/books>

GENERAL PARENTING CONCERNS RE: HEALTH, MENTAL HEALTH, BEHAVIOR

- *Kids Health* <http://kidshealth.org/>

LEARNING DISORDERS

- *LD Online* www.ldonline.org
- *Learning Disabilities Association of America* <http://www.ldanatl.org>
- *Dyslexia YouTube* <http://www.youtube.com/watch?v=zafiGBrFkRM>