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GOOD BOOKS

ADD / ADHD:

Hallowell, Edward. *Driven to Distraction*. Touchstone, 1994.

Hallowell, Edward. *Delivered from Distraction*. 2006

Weiss, Lynn. *Attention Deficit Disorder in Adults*, Third Edition.

Getting Your Act Together:

Glasser, William. *Choice Theory: A New Psychology of Personal Freedom*. HarperCollins, 1998.

O'Hanlon, B. *Do One Thing Different (and other uncommonly sensible solutions to life's persistent problems)*. William Morrow and Company, 1999.

Ruiz, Don Miguel. *The Four Agreements: A Practical Guide to Personal Freedom*. Amber-Allen, 1996.

Food / Weight Management

Danowski, Debbie. *The Overeater's Journal: Exercises for the Heart, Mind & Soul*. Hazelden, 2004.

Holtzclaw, Teri Kai. *This is Not Brain Surgery!: A Mental Health Companion for the Gastric Bypass Patient*. Holtzclaw, 2001.

Kano, Susan. *Making Peace with Food: Freeing Yourself from the Diet/Weight Obsession*. Revised Edition. HarperCollins, 1989.

Koenig, Karen R. *The Rules of "Normal Eating": A Commonsense Approach for Dieters, Overeaters, Undereaters, Emotional Eaters, and Everyone in Between!* Gurze Books, 2005.

Roth, Geneen. *Feeding the Hungry Heart: The Experience of Emotional Eating*. Penguin Books, 1993.

Roth, Geneen. *When Food is Love: Exploring the Relationship Between Eating and Intimacy*. Penguin Books, 1991.

Roth, Geneen. *When You Eat at the Refrigerator, Pull Up a Chair: 50 Ways to Feel Thin, Gorgeous, and Happy (When You Feel Anything But)*. Hyperion, 1998.

Wansink, Brian. *Mindless Eating: Why We Eat More Than We Think*. Bantam Books, 2006.

www.fitday.com

www.sparkpeople.com

Grief/Loss:

Colgrove, M., Bloomfield, H.H., & McWilliams, P. *How to Survive the Loss of a Love*. Prelude Press.

Frankl, Victor E. *Man's Search for Meaning*. 1959.

Lightner, Candy with Nancy Hathaway. *Giving Sorrow Words*. Warner Books, 1990.

Sittser, Gerald L. *A Grace Disguised: How the Soul Grows Through Loss*. Zondervan Publishing House (a division of HarperCollins), 1995. Gerald Sittser is a theologian who lost his mother, wife, and daughter in an automobile accident.

Smith, Harold Ivan. *A Decembered Grief: Living with Loss While Others are Celebrating*. Beacon Hill Press, 1999.

Weems, Ann. *Psalms of Lament*. Westminster John Knox Press, 1995.

Worden, J. William. *Grief Counseling & Grief Therapy, 2nd edition: A Handbook for the Mental Health Practitioner*. Springer Publishing Co., 1991.

Grief and Loss: For and regarding children and youth:

Brown, L. & M. *When Dinosaurs Die: A Guide to Understanding Death*.

Dower, L. *I Will Remember You: What to do When Someone You Love Dies - A Guidebook through Grief for Teens*. Scholastic, Inc., 2001.

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

Hipp, E. *Help for the Hard Times: Getting through Loss*. Hazelton, 1995.

Holmes, M.M. *A Terrible Thing Happened*. Magination Press, 2000. (Appropriate for any kind of tragedy)

McCue, K. *How to Help Children Through a Parent's Serious Illness*. St. Martin's Griffin, 1994.

McCracken, A., & Semel, M. *A Broken Heart Still Beats: After Your Child Dies*. Hazelton, 1998.

Mellonie, B., & Ingpen, R. *Lifetimes: The Beautiful Way to Explain Death to Children*. Bantam Books, 1983.

Mundy, Michaelene. *Sad Isn't Bad: A Good-Grief Guidebook for Kids Dealing with Loss*. One Caring Place, 1998

Romain, Trevor. *What on Earth Do You Do when Someone Dies?* Free Spirit Publishing, 1999.

A comprehensive library of children's books is available at The Children's Bereavement Center of South Texas, 332 West Craig Place, San Antonio, 78212. Phone: (210) 736-HUGS (4847) www.cbcst.org

Parenting / Discipline:

MacKenzie, Robert J. ***Setting Limits, 2nd edition***, Prima Publishing, 1998.

Nelson, Jane, Glenn, H. Nelson, Lott, Lynn. *Positive Discipline A-Z*. Crown Publishing, 2007.

Parenting / Relationship with Children :

Cohen-Sandler, Roni, and Michelle Silver.. *"I'm Not Mad, I Just Hate You!" A New Understanding of Mother-Daughter Conflict: Surviving and Thriving During Your Daughter's Teenage Years*. Penguin, 1999

Kabat-Zin, Myla and Jon. *Everyday Blessings: The Inner Work of Mindful Parenting*. Hyperion, 1997.

St. James, Elaine. *Simplify Your Life with Kids: 100 Ways to Make Family Life Easier and More Fun.* Andrews-McMeel, 1997.

Wolf, Anthony E. *Get Out Of My Life but First Could You Drive Me and Cheryl to the Mall?: A Parent's Guide to the New Teenager.* Farrar, Straus and Giroux, 1999.

Serious Illness:

Callanan, M., and Kelly, P. *Final Gifts: Understanding the Special Awareness, Needs, and Communications of the Dying.* Bantam Book, 1992.

Levine, S. *Healing into Life and Death.* Anchor Books, Doubleday, 1987.

Stress Management:

Borysenko, Joan. *Inner Peace for Busy People.* Hay House, 2003.

Carlson, Richard & Bailey, Joseph. *Slowing Down to the Speed of Life: How to Create a More Peaceful, Simpler Life from the Inside Out.* HarperCollins, 1997.

Kabat-Zinn, Jon. *Wherever You Go, There You Are: Mindfulness, Meditation in Everyday Life.* Hyperion, 1994.

Thich Nhat Hanh. *The Miracle of Mindfulness: A Manual on Meditation.* Beacon Press, 1975.

Relationship or Marriage:

Lerner, Harriet. *The Dance of Connection*

O'Hanlon, Bill, and Hudson, Pat. *Stop Blaming, Start Loving.* (In hardcover: *Love Is a Verb*). Norton, 1996.

Wachtel, Ellen. *We Love Each Other, But....* St. Martin's Press, 1999.