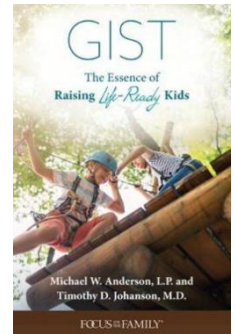


GIST: The Essence of Raising Life-Ready Kids - Michael Anderson & Timothy Johanson; 2019

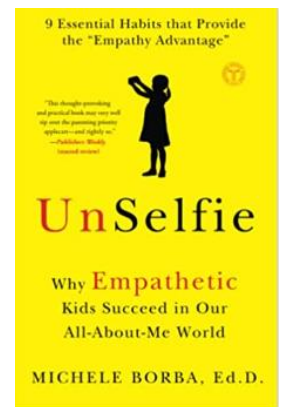
GIST is a powerful book that reviews and examines what the journey to adulthood entails, along with a clear look at those parenting efforts that have proven not to work over the years. "Many hours and much emotional energy are spent in parenting strategies where nothing positive is produced."



Gist is a fascinating look at many aspects of life that wouldn't typically be associated with parenting. But, the result is a new way to think about parenting that is effective, efficient, and enjoyable. The book's focus on life-readiness offers parents a new lens through which to see their parenting interactions and translates to an approach that eliminates many of the power struggles and ineffective patterns that can rob families of much of their joy.

Unselfie - Michele Borba; 2017

Teens today are forty percent less empathetic than they were thirty years ago. Why is a lack of empathy—which goes hand-in-hand with the self-absorption epidemic Dr. Michele Borba calls the Selfie Syndrome—so dangerous? First, it hurts kids' academic performance and leads to bullying behaviors. Also, it correlates with more cheating and less resilience. And once children grow up, a lack of empathy hampers their ability to collaborate, innovate, and problem-solve—all must-have skills for the global economy.



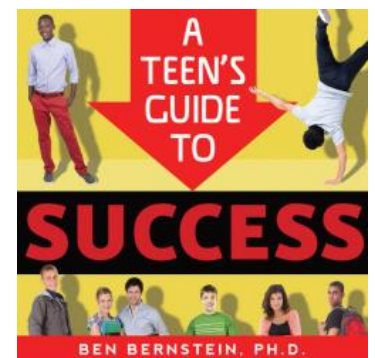
In UnSelfie Dr. Borba pinpoints the forces causing the empathy crisis and shares a revolutionary, researched-based, nine-step plan for reversing it.

The good news? Empathy is a trait that can be taught and nurtured. Dr. Borba offers a framework for parenting that yields the results we all want: successful, happy kids who also are kind, moral, courageous, and resilient. UnSelfie is a blueprint for parents and educators who want to kids shift their focus from I, me, and mine...to we, us, and ours.

A Teen's Guide to Success - Ben Bernstein; 2013

The world's teenagers have never been so challenged as they are today. The constant demands of parents, school, work, peers, social media, athletics, music, etc., has created a generation who, while tremendously capable, are also tremendously stressed. Today's teens are expected to not only do it all but to do it now.

Having personally coached thousands of students over his years as an educator and a professional performance coach, Dr. Bernstein (Dr. B) understands and connects with today's young adults. He knows they are intelligent, talented and full of creative energy and he uses his decades of experience in A Teen's Guide to Success to help teen's succeed.



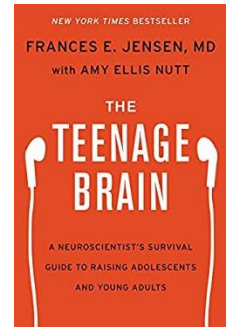
A Teen's Guide to Success shares principles and skills that help teens discover their higher potential and learn how to be calm, confident and focused in whatever situation they find themselves. Teens will learn the same techniques that all top athletes, musicians, business leaders and other successful people practice. As teens implement the tools taught in A Teen's Guide to Success they will find a roadmap to achieve their potential and be successful in all aspects of their lives.

The Teenage Brain

Frances Jensen w/ Amy Nutt; 2016

Renowned neurologist Dr. Frances E. Jensen offers a revolutionary look at the brains of teenagers, dispelling myths and offering practical advice for teens, parents and teachers.

Dr. Frances E. Jensen is chair of the department of neurology in the Perelman School of Medicine at the University of Pennsylvania. As a mother, teacher, researcher, clinician, and frequent lecturer to parents and teens, she is in a unique position to explain to readers the workings of the teen brain. In *The Teenage Brain*, Dr. Jensen brings to readers the astonishing findings that previously remained buried in academic journals.



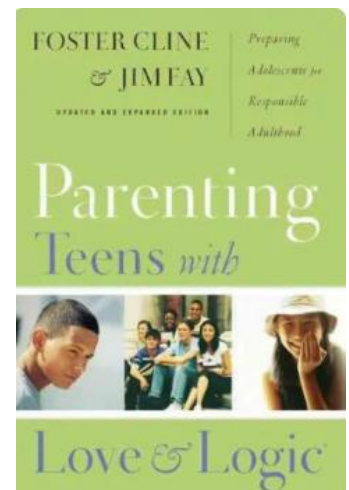
The root myth scientists believed for years was that the adolescent brain was essentially an adult one, only with fewer miles on it. Over the last decade, however, the scientific community has learned that the teen years encompass vitally important stages of brain development. Samples of some of the most recent findings include:

- Teens are better learners than adults because their brain cells more readily "build" memories. But this heightened adaptability can be hijacked by addiction, and the adolescent brain can become addicted more strongly and for a longer duration than the adult brain.
- Studies show that girls' brains are a full two years more mature than boys' brains in the mid-teens, possibly explaining differences seen in the classroom and in social behavior.
- Adolescents may not be as resilient to the effects of drugs as we thought. Recent experimental and human studies show that the occasional use of marijuana, for instance, can cause lingering memory problems even days after smoking, and that long-term use of pot impacts later adulthood IQ.
- Multi-tasking causes divided attention and has been shown to reduce learning ability in the teenage brain. Multi-tasking also has some addictive qualities, which may result in habitual short attention in teenagers.
- Emotionally stressful situations may impact the adolescent more than it would affect the adult: stress can have permanent effects on mental health and can lead to higher risk of developing neuropsychiatric disorders such as depression.

Dr. Jensen gathers what we've discovered about adolescent brain function, wiring, and capacity and explains the science in the contexts of everyday learning and multitasking, stress and memory, sleep, addiction, and decision-making. In this groundbreaking yet accessible book, these findings also yield practical suggestions that will help adults and teenagers negotiate the mysterious world of adolescent development.

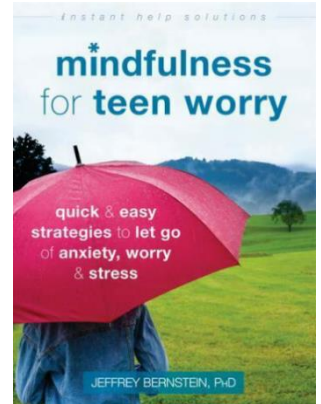
Parenting with Love & Logic: Preparing Adolescents for Responsible Adulthood - Foster Cline & Jim Fay; 2006

Parents need help to teach their teens how to make decisions responsibly--and do so without going crazy or damaging the relationship. *Parenting Teens with Love and Logic*, from the duo who wrote *Parenting with Love and Logic*, empowers parents with the skills necessary to set limits, teach important skills, and encourage decision-making in their teenagers. Covering a wide range of real-life issues teens face--including divorce, ADD, addiction, and sex--this book gives you the tools to help your teens find their identity and grow in maturity. Indexed for easy reference.



Mindfulness for Teen Worry - Jeffrey Bernstein; 2018

Is your worrying keeping you from reaching your goals? In *Mindfulness for Teen Worry*, a clinical psychologist offers quick, easy-to-learn mindfulness skills teens can use anytime, anywhere to stop worries from growing and taking over. Let's face it--being a teen isn't easy. And if you're like a lot of other teens, you probably worry about getting good grades, fitting in with a certain crowd, or what the future will bring after high school. These are all completely normal worries, and signs that you are tuned in to your life and thinking about your goals. But what about chronic worrying--the kind that keeps you up at night, ruminating about that paper you just turned in, or that thing your friend said to you at lunch (what did she mean by that?), and so on. Sometimes worrying isn't helpful. In fact, it can get in the way of living your life. So, how can you start putting worry in its place before it takes up too much head space? *Mindfulness for Teen Worry* will show you how living in the moment will dissolve worry and help you stay grounded in the here and now. You'll learn powerful and easy-to-use mindfulness skills to manage the four most common worry struggles teens face: school pressure, coping with friendship and relationship problems, improving body image, and handling family conflicts. You'll discover why you worry and the long-term destructive impacts worry can have on your life. And most importantly, you'll be introduced to simple, effective techniques to help you become more mindful--like harnessing the power of the breath and how to relax your body in times of stress. If you struggle with worry or anxiety that gets in the way of being your best, this fun and friendly guide will help you maintain a mindful life in a frenzied world. This book has been selected as an Association for Behavioral and Cognitive Therapies Self-Help Book Recommendation --an honor bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

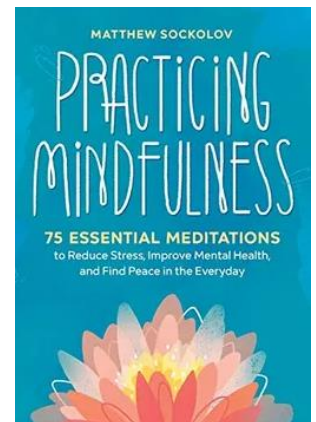


Practicing Mindfulness

Matthew Sockolov; 2018

Find everyday calmness and clarity with simple mindfulness meditations and exercises

Mindfulness meditations are a great way to cultivate awareness and acceptance of the here and now--*Practicing Mindfulness* makes it easy and accessible with 75 evidence-based exercises designed to bring calmness and compassion into your day-to-day.



From finding focus with a 5-minute The Power of the Mind exercise to embracing the experience with a 25-minute Open-Awareness Meditation, *Practicing Mindfulness* provides the tools you need to relieve stress, improve wellness, and practice peace of mind moment to moment and throughout the daily grind.

Practicing Mindfulness includes:

- **The daily mind**--Discover exactly what mindfulness is, how it helps, and how these proven exercises can bring relief, relaxation, and resilience to your day-to-day.
- **Practical advice**--You'll find plenty of help in dealing with distorted or wandering thoughts, how to handle mental blocks, and steps for staying cool and collected in all situations.
- **Mind over matter**--Ranging from short traditional meditations to longer creative exercises, you'll find 75 easy-to-follow practices to ground yourself, like breathwork and body scans.

Begin a journey of peace and patience today on the path to a better, more balanced life with *Practicing Mindfulness*.

Queen Bees and Wannabees - Rosalind Wiseman; 2009

How girls' experiences before adolescence impact their teen years, future relationships, and overall success

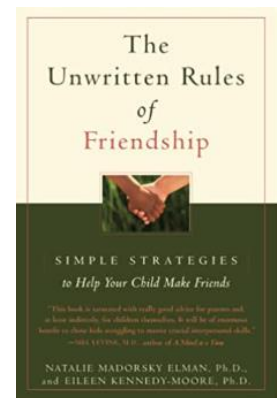
- The different roles girls play in and outside of cliques as Queen Bees, Targets, and Bystanders, and how this defines how they and others are treated
- Girls' power plays—from fake apologies to fights over IM and text messages
- Where boys fit into the equation of girl conflicts and how you can help your daughter better hold her own with the opposite sex
- Checking your baggage—recognizing how your experiences impact the way you parent, and how to be sanely involved in your daughter's difficult, yet common social conflicts



Packed with insights about technology's impact on Girl World and enlivened with the experiences of girls, boys, and parents, the book that inspired the hit movie Mean Girls offers concrete strategies to help you empower your daughter to be socially competent and treat herself with dignity.

The Unwritten Rules of Friendship - Natalie Elman & Eileen Kennedy-Moore; 2003

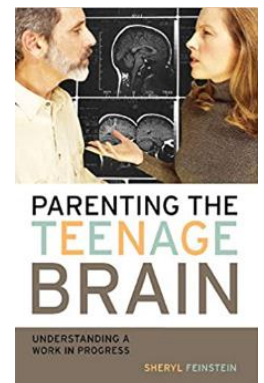
Elman, director of the Summit Center for Learning in Summit, N.J., and Kennedy-Moore, a Westfield, N.J., psychotherapist, offer a detailed examination of the different ways children interact with their peers. Often, otherwise bright and "normal" children behave in ways that cause other children, family members and teachers to label them as disruptive, unhappy or troublesome. There are nine types of children, according to the authors, including the "short-fused," "little adult," "born leader" and "different drummer." Parents will immediately be able to identify their child from the detailed descriptions included. For example, "Short-Fused Children may appear to be strong, but inside they feel vulnerable. These children are extremely sensitive. They often believe that the whole world is against them. Because they feel threatened, they respond angrily, instinctively fighting to protect themselves." As they explain the various types of behaviors, the authors depict a number of scenarios to show the difficulties children can have relating to others. The challenge for the parents is to help their children learn "the Unwritten Rules" so they have fewer problems and form happier, more productive relationships. The authors provide specific sentences that both parents and children can use to change these destructive behavior patterns, but some parents will probably hope for even more specific do's and don'ts. Given that other childrearing tomes rarely cover this topic, this book is a welcome addition to the parenting library.



Parenting the Teenage Brain - Sheryl Feinstein; 2007

Teenagers are perplexing, intriguing, and spirited creatures. In an attempt to discover the secrets to their thoughts and actions, parents have tried talking, cajoling, and begging them for answers. The result has usually been just more confusion. But new and exciting light is being shed on these mysterious young adults. What was once thought to be hormones run amuck can now be explained with modern medical technology. MRI and PET scans view the human brain while it is alive and functioning. To no one's surprise, the teenage brain is under heavy construction! These discoveries are helping parents understand the (until now) unexplainable teenager.

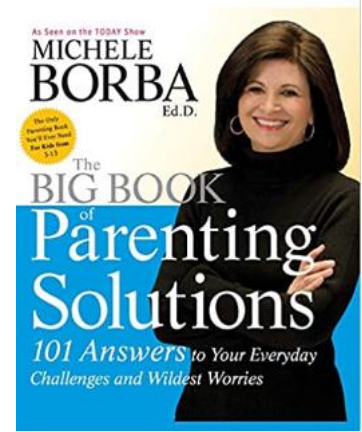
Neuroscience can help parents adjust to the highs and lows of teenage behavior. Typically, this transformation is a prickly proposition for both teens and their families, but the trials and tribulations of adolescence give teenagers a second chance to develop and create the brain they will take into adulthood.



The Big Book of Parenting Solutions - Michele Borba; 2009

In this down-to-earth guide, parenting expert Michele Borba offers advice for dealing with children's difficult behavior and hot button issues including biting, temper tantrums, cheating, bad friends, inappropriate clothing, sex, drugs, peer pressure, and much more. Written for parents of kids age 3-13, this book offers easy-to-implement advice for the most important challenges parents face with kids from toddlers to tweens.

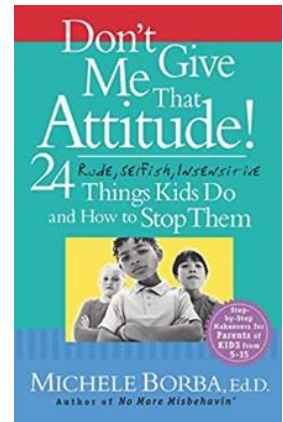
- Includes immediate solutions to the most common childhood problems and challenges
- Written by Today Show's resident parenting expert Michele Borba
- Offers clear step-by-step guidance for solving difficult childhood behaviors and family conflicts
- Contains a wealth of advice that is easy-to-follow and gets quick results



Don't Give Me Attitude - Michele Borba; 2004

- Does your kid never take no for an answer and demand things go his way?
- Do her theatrics leave you drained at the end of the day?
- Are you resorting to bribes and threats to get your kid to do chores?
- Does he cheat, complain, or blame others for his problems?
- Do you feel you're running a hotel instead of a home?
- Are you starting to feel like your child's personal ATM machine?

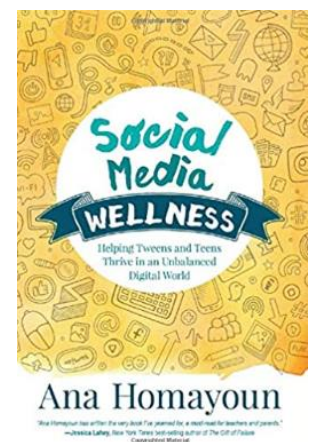
What happened? You thought you were doing the best for your child and didn't set out to raise a selfish, insensitive, spoiled kid. In her newest book, *Don't Give Me That Attitude!* parenting expert Michele Borba offers you an effective, practical, and hands-on approach to help you work with your child to fix that very annoying but widespread youthful characteristic, attitude. If you have a child who is arrogant, bad-mannered, bad-tempered, a cheat, cruel, demanding, domineering, fresh, greedy, impatient, insensitive, irresponsible, jealous, judgmental, lazy, manipulative, narrow-minded, noncompliant, pessimistic, a poor loser, selfish, uncooperative, ungrateful, or unhelpful, this is the book for you!



Social Media Wellness - Ana Homayoun; 2017

Today's students face a challenging paradox: the digital tools they need to complete their work are often the source of their biggest distractions. Students can quickly become overwhelmed trying to manage the daily confluence of online interactions with schoolwork, extracurricular activities, and family life. Written by noted author and educator Ana Homayoun, *Social Media Wellness* is the first book to successfully decode the new language of social media for parents and educators and provide pragmatic solutions to help students:

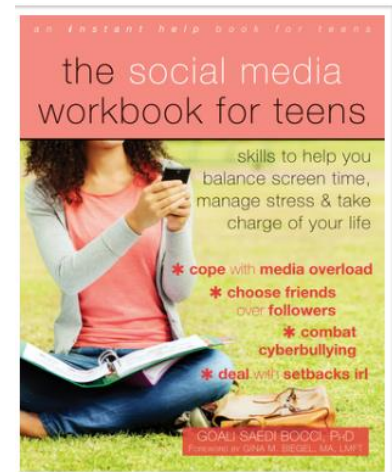
- Manage distractions
- Focus and prioritize
- Improve time-management
- Become more organized and boost productivity
- Decrease stress and build empathy



With fresh insights and a solutions-oriented perspective, this crucial guide will help parents, educators and students work together to promote healthy socialization, effective self-regulation, and overall safety and wellness.

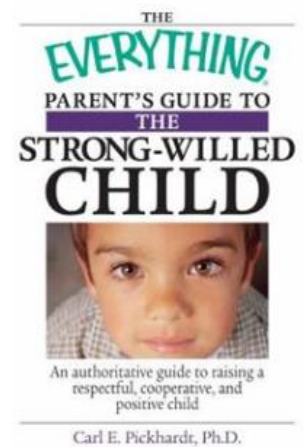
Social Media Workbook for Teens - Saedi Bocci; 2019

Is social media stressing you out? Written by a millennial psychologist and media expert, this workbook offers practical skills to help you reduce anxiety, balance screen time, deal with cyberbullies, and take charge of your life. Social media has drastically changed how we communicate with one another. In many ways this is a good thing. For example, it's easier than ever to stay connected to family and friends who live far away. But social media can also become addictive, stressful, and even alienating. If you're like many teens, you probably check your smartphone several times throughout the day to stay up to date on the news from friends. But what happens when you're so worried about missing the latest posts on your feed that you end up missing out on real life adventures and connections? Grounded in evidence-based cognitive behavioral therapy (CBT), this unique and relatable workbook will help you manage the stress and anxiety that can result from excessive screen time. You'll discover how to choose friends over followers, find tips for navigating cyberbullying, and discover new ways to get back in touch with your own life-without your smartphone or other devices. Social media has an important place in your life-but it shouldn't rule your life. It's also important to remember that the "highlight reels" you see of your friends' lives aren't necessarily the "real" truth. If you're ready to reduce social media stress, gain confidence in yourself, and become more engaged in the world around you, this workbook will show you how.



The Everything Parent's Guide to the Strong-Willed Child - Carl E. Pickhardt, Ph.D; 2005

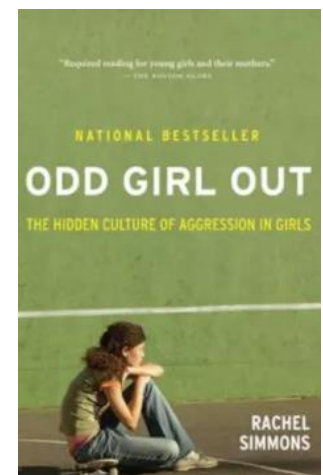
All children need guidance, yet some are definitely more resistant to parental direction and advice than others. Parenting a child whose personality may be described as "difficult" or "controlling" can leave you conflicted and frustrated. How do you nurture your child, get him to listen, and know who's in charge? It can be done. The Everything Parent's Guide to the Strong-Willed Child helps you work around stubborn and argumentative behavior. You'll learn how to encourage your child to compromise and communicate with you, rather than make unreasonable demands and/or shut down altogether. By learning what makes your child strong-willed, the effects of such behavior, and how to manage it, you can help your child achieve a more tempered disposition and teach him the lifelong rewards of a positive attitude. Psychologist Carl E. Pickhardt shows you how to: Regain control of your family Reap the benefits of healthy communication Discipline to teach, not to punish Resolve conflict between you and your child effectively Overcome willfulness in older children The Everything Parent's Guide to the Strong-Willed Child is your all-inclusive guide to regaining, and maintaining, a healthy and happy family.



Odd Girl Out: The Hidden Culture of Aggression in Girls - Rachel Simmons; 2011

When Odd Girl Out was first published, it became an instant bestseller and ignited a long-overdue conversation about the hidden culture of female bullying. Today, the dirty looks, taunting notes, and social exclusion that plague girls' friendships have gained new momentum in cyberspace.

In this updated edition, educator and bullying expert Rachel Simmons gives girls, parents, and educators proven and innovative strategies for navigating social dynamics in person and online, as well as brand-new classroom initiatives and step-by-step parental suggestions for dealing with conventional bullying. With up-to-the-minute research and real-life stories, Odd Girl Out continues to be the definitive resource on the most pressing social issues facing girls today.



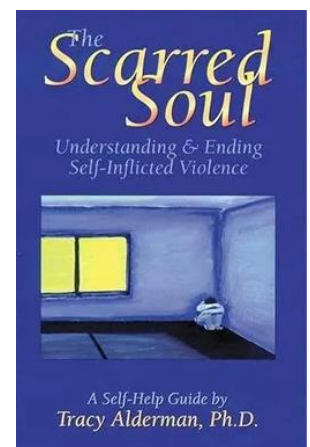
Raising Kids in the 21st Century - Sharon K. Hall; 2008

Dr. Sharon K. Hall highlights seven key areas of child development in creating this reader friendly guide to raising psychologically healthy children. Much is known in the academic sphere about the socialization of healthy children, yet these ideas are rarely made readily accessible to a broader audience. This book paints an overall picture of the skills children need to become healthy adults. It offers research on the connections between cognitive development and social competency and emphasizes the impact of strong relationships and personal responsibility on positive outcomes for children. A child's temperament and ability to self regulate responses, as well as the gender differences in psychological health, are examined. The author also explores risk and protective factors that contribute to resilience in children. This easy-to-read volume is based on sound psychological science, making it ideal for parents, teachers, students, or clinicians working with families. (PsycINFO Database Record (c) 2016 APA, all rights reserved)



The Scarred Soul: Understanding & Ending Self-inflicted Violence: A Self-Help Guide - Tracy Alderman, Ph.D; 1997

It happens whenever a person deliberately and repeatedly cuts or burn themselves, or purposefully hurts themselves in some other way. It's disturbing and dangerous behavior, and so hard to stop that many researchers consider it a kind of addiction. This is the first book written for the victims of self-inflicted violence and the first to teach them what they can do to stop hurting themselves. The Scarred Soul explores the reasons behind the impulse to self-inflicted harm and shows readers how to examine its impact on their lives and take steps to overcome the psychological traps that lead to self-inflicted pain.



Parenting with Love & Logic: Teaching Children Responsibility - Foster Cline & Jim Fay; 2006

"This is as close to an owner's manual for parents that you will find. Now, parents can embrace mistakes as wonderful learning opportunities to raise respectful, responsible, and caring children." --Gloria Sherman, M.A., LPC, Counselor Zemmer Jr. High, Lapeer, Michigan "*Parenting with Love & Logic* is an essential component for our students, parents, and teachers. For the last fourteen years, thousands of families in our school district have been positively impacted by Love & Logic principles." --Leonard R. Rezmierski, Ph.D., Superintendent, Northville Public Schools "*Parenting with Love and Logic* is a MUST for every parent in America! This is the most useful book I've ever read. This stuff really works! My kids use this stuff on me, their peers, and their teachers! That's how I know it really works!" --Lorynda Sampson, Colorado Teacher of the Year, 2003 "For almost twenty years, I have been delighted to share the powerful, yet simple wisdom of Jim Fay and Foster Cline with my counseling clients. The principles in *Parenting with Love and Logic* are practical, proven techniques that keep parents on track to raising responsible, loving, confident children." --Carol R. Cole, Ph.D., LMFT "*Parenting with Love and Logic* is a terrific book for parents that provide important concepts and practical solutions to help children become emotionally, socially, and morally healthy." --Terry M. Levy, PhD, co-director Evergreen Psychotherapy Center, Coauthor Attachment, Trauma and Healing "This book gives parents the tools to build a lifelong relationship based on respect, empathy, appreciation, and love. *Parenting with Love and Logic* teaches kids how to think and problem-solve from a very young age." --Stephanie Bryan, Clinical Social Worker and Parent Coach, www.REALparenting.net "This hilariously entertaining guidebook to working with children contains practical and easy-to-apply principles for both the home and the classroom." --Larry Anderson, Parent and Educator

