

Title	Author	Helpful Topics
Twelve Things Adopted Kids Wish Their Adoptive Parents Knew	Sherrie Eldridge	Adoption
Queen Bees Wanna Bees - Helping your daughter survive cliques, gossip, boyfriends, and the new realities of girl world	Rosalind Wiseman	Empowering daughters; relationship guidance
Parenting Teens with Love and Logic - Preparing Adolescents for Responsible Adulthood	Foster cline, MD and Jim Fay	Setting boundaries; decision-making; teaching important skills.
When a Friend Dies - A book for Teens About Grieving and Healing	Marilyn E. Gootman. EdD	Grief and loss; bereavement
The Explosive Child - A new approach for understanding and parenting easily frustrated, chronically inflexible children	Ross W. Greene, Ph.D	Parenting;anger
The Four Agreements - A practical guide to personal Freedom	Don Miguel Ruiz	Self-care
Parenting from the Inside Out - How a deeper self-understanding can help you raise children who thrive	Daniel J. Siegel, MD and Mary Hartzell, M.Ed	Brain development; interpersonal relationships;
Helping Teens Who Cut - Understanding and ending self-injurious behaviors	Michael Hollander, PhD	Self-harm
This is a Book for Parents of Gay Kids - A question and answer guide to everyday life	Dannielle Owens-Reid and Kristin Russo	LBGTQ
Messages - The communication Skills Book	Matthew McKay, PhD; Martha Davis, PhD; Patrick Fanning	Communication
But I love him - Protecting your teen daughter from controlling, abusing dating relationships	Dr. Jill Murray	Dating violence
The 5 Love Languages of Teenagers	Gary Chapman	Setting boundaries; expressing love; effective communication
Stress Free Kids - A parent's guide to helping build self-esteem, manage stress, and reduce anxiety in children	Lori Lite	Self-esteem; anxiety
How to Talk so Kids will Listen and Listen so Kids will Talk	Adele Faber and Elaine Mazlish	Setting limits; coping with difficult behavior; self-discipline; resolve family conflicts
Positive Parenting - Ending the power struggles and reconnecting from the heart	Rebecca Eanes	Conflict resolution
Beautiful Boy - a father's journey through his son's addiction	David Sheff	Substance abuse
Positive Discipline for Teenagers - Empowering your teens and yourself through kind and firm parenting	Jane nelsen, EDD and Lynn Lott, MFT	Discipline; empowerment
The Disappearing Girl - Learning the language of teenage depression	Dr. Lisa Machoian	Depression
The Gifts of Imperfection - Let go of who you think you're supposed to be and embrace who you are	Brene Brown, PhD, LMSW	Self-care
The Body Keeps the Score - Brain, mind, and body in the healing trauma	Bessel Van Der Kolk, MD	Trauma; brain development
6 Steps to an Emotionally Intelligent Teenager - Teaching social skills to your teen	James Windell	Social skills; emotional wellness
Brainstorm - An inside-out guide to the emerging adolescent mind, ages 12-24	Daniel J. Siegel, MD	Brain development
The Out-of-Sync Child - Recognizing and coping with sensory processing disorder	Carol Stock Kranowitz, MA	Sensory processing; medication free approaches; Autism; ADHD

The 7 Habits of Highly Effective Teens	Sean Covey	Self-image; friendship; peer pressure; goal setting; bullying
Night Falls Fast - Understanding suicide	Kay Redfield Jamison	Depression; suicidal ideation
The Whole-Child Brain - 12 revolutionary strategies to nurture your child's developing brain	Daniel J. Siegel, MD and Tina Payne Bryson PhD	Brain development
No Drama Discipline - The whole brain child way to calm the chaos and nurture your child's developing mind	Daniel J. Siegel, MD and Tina Payne Bryson PhD	Positive discipline; brain development
I wasn't ready to say Goodbye - surviving, coping, and healing after the sudden death of a loved one	Brook Noel and Pamela D. Blair	Grief and loss; bereavement
Straight Parents, Gay Children - Keeping families together	Robert A. Bernstein	LGBTQ
We All Fall Down - Living with addiction	Nic Sheff	Substance abuse
Tweak - Growing up on Methamphetamines	Nic Sheff	Substance abuse
Reviving Ophelia - Saving the selves of adolescent girls	Mary Pipher, PhD	Empathy; empowering girls; strength
Late, Lost, and Unprepared - A parents' guide to helping children with executive functioning	Joyce Cooper-Kahn, PhD and Laurie Dietzel, PhD	Impulse control; cognitive flexibility; working memory; planning & organizing
Hush - Moving from silence to healing after childhood sexual abuse	Nicole Braddock Bromley	Abuse
The Bully, The Bullied, and the Bystander - From preschool to high school, how parents and teachers can help break the cycle of violence	Barbara Coloros	Bullying
Healing Your Grieving Hearts for Teens - Simple tips for understanding and expressing grief	Allan D. Wolfelt, PhD	Grief and loss; bereavement
Don't Sweat the Small Stuff...and it's all small stuff - Simple ways to keep the little things from taking over your life	Richard Carlson	Self-care; stress reduction
The alchemist	Paulo Coelho	Self-discovery
Neuroeducación para Padres - Educa a tu hijos con la ayuda de las neurociencias.	Nora Rodriguez	Brain development (in Spanish)
Disciplina Sin Lágrimas - Una guía imprescindible para orientar y alimentar el desarrollo mental de tu hijo	Daniel J. Siegel, MD and Tina Payne Bryson PhD	Positive discipline; brain development (in Spanish)