

## **BOOKS AND WEBSITES**

### **ADHD**

*Adult ADD: A Guide for the Newly Diagnosed* by Stephanie Moulton Sparks

*Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood through Adulthood* by Edward Hallowell and John Ratey

*Delivered from Distraction* by Edward Hallowell and John Ratey

*Healing ADD: The Breakthrough Program that Allows you to See and Heal the 6 types of ADD* by Daniel G. Amen

*Is it You, Me or Adult ADD: Stopping the Roller Coaster When Someone you Love has Attention Deficit Disorder* by Gina Pera

*Putting on the Brakes: Young People's Guide to Understanding Attention Deficit Hyperactivity Disorder (ADHD)* by Patricia O. Quinn and Judith M. Stern

*Taking Charge of Adult ADHD* by Russell A. Barkley with Christine M. Benton

*The Mindfulness Prescription for Adult ADHD* by Lidia Zylowska

*The AD/HD Parenting Handbook* by Collen Alexander-Roberts

*The ADD/ADHD Checklist* by Sandra Rief

*The ADHD Book of Lists* by Sandra Rief

*The Couple's Guide to Thriving with ADHD* by Melissa Orlov and Nancie Kohlenberger

*The Smart but Scattered Guide to Success: How to use your brain's executive skills to keep up, stay calm, and get organized at work and home* by Peg Dawson and Richard Guare

*Trainwreck: My life as an idiot* by Jeff Nichols

*Understanding Girls with AD/HD* by Kathleen Nadeau, Ellen Littman and Patricia Quinn

*Understanding Women with AD/HD* by Kathleen Nadeau, Ellen Littman and Patricia Quinn.

*What does everybody know that I don't: Social Skills Help for Adults with Attention Deficit/Hyperactivity Disorder (AD/HD)* by Michael Novotni with Randy Petersen

*Women with Attention Deficit Disorder: Embrace Your Differences and Transform Your Life* by Sari Solden

## **Parenting and Family Issues**

*Seven Steps to Help Your Child Worry Less* by Sam Goldstein, Ph.D., Kristy Hagar, Ph.D. and Robert Brooks, Ph.D.

*The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children* by Ross W. Greene

*Mom's House, Dad's House Making Shared Custody Work: How Parents Can Make Two Homes For Their Children After Divorce* by Isolina Ricci

*Helping Children Cope with Divorce* by Edward Teyber

*5 Conversations You Must Have With Your daughter* by Vicki Courtney

*The Five Love Languages of Teenagers* by Gary Chapman

## **Grief and Loss**

*A Time to Grieve: Meditations for Healing After the Death of a Loved One* by Carol Staudacher

*Grieving Forward: Embracing Life beyond Loss* by Susan Duke

*Life Lessons: Two Experts on Death and Dying Teach Us About the Mysteries of Life and Living* by Elizabeth Kubler-Ross and David Kessler

*On Grief & Grieving: Finding the Meaning of Grief through the Five Stages of Loss* by Elizabeth Kubler-Ross and David Kessler

*On Life After Death* by Elizabeth Kubler-Ross

*The Grief Recovery Handbook: A Step-by-Step Program for Moving Beyond Loss* by John W. James and Frank Cherry

## **Learning, Social and Emotional Issues**

*Brain Lock, Free Yourself from Obsessive-Compulsive Behavior: A Four-Step Self-Treatment Method to Change Your Brain Chemistry* by Jeffrey M. Schwartz with Beverly Bayette

*Educational Care: A System for Understanding and Helping Children with Learning Problems at Home and in School* by Melvin Levine.

*It's So Much Work To Be Your Friend: Helping the Child with Learning Disabilities find Social Success* by Richard Lavoie

*Parenting Your Asperger Child: Individualized Solutions for Teaching your Child Practical Skills* by Alan Sohn, Ed. D. and Cathy Grayson, M.A.

*Quiet: The Power of Introverts in a World that Can't Stop Talking* by Susan Cain.

*Raise Your Child's Social IQ: Stepping Stones to People Skills for Kids* by Cathi Cohen

*The Autism Sourcebook: Everything You Need to Know About Diagnosis, Treatment, Coping and Healing* by Karen Siff Exhorn

*The Complete Guide to Asperger's Syndrome* by Tony Attwood

*The Everything Parent's Guide to Children with Asperger's Syndrome, 2<sup>nd</sup> edition: The sound advice and reliable answers you need to help your child succeed* by William Sillman

*The Writing Dilemma: Understanding Dysgraphia* by Regina G. Richards

*When You Worry About The Child You Love: Emotional and Learning Problems in Children* by Edward Hallowell

## **Women's Issues**

*Grace for the Good Girl: Letting go of try-hard life* by Emily P. Freeman

*The Dance of Deception: A Guide to Authenticity and Truth-Telling in Women's Relationships* by Harriet Lerner

*Uninvited: Living Loved When You Feel Less Than, Left Out, and Lonely* by Lysa Terkeurst

*You are the One You've Been Waiting For: Bringing Courageous Love to Intimate Relationships* by Richard C. Schwartz

*Worry: Hope and Help for a Common Condition* by Edward M. Hallowell

*Captivating: Unveiling the Mystery of a Woman's Soul* by John and Stasi Eldredge

## **Relationships and Marriage**

*10 Lessons to Transform Your Marriage* by John M. Gottman and Julie Schwartz Gottman

*Boundaries: Where you end and I begin* by Anne Katherine

*Connect: 12 vital ties that open your heart, lengthen your life, and deepen your soul* by Edward M. Hallowell

*Creating Love: The Next Great Stage of Growth* by John Bradshaw

*The Dance of Connection: How to talk to someone when you're mad, hurt, scared, frustrated, insulted, betrayed, or desperate* by Harriet Lerner

*The Five Love Languages: How to Express Heartfelt Communication to Your Mate* by Gary Chapman

*The Relationship Cure: A 5 Step Guide to Strengthening your Marriage, Family, and Friendships* by John M. Gottman

*The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert* by John Gottman and Nan Silver

### **Workbooks**

*Grief's Courageous Journey* by Sandi Caplan and Gordan Lang

*The Anger Workbook: A 13-step interactive plan to help you...* by Les Carter and Frank Minirth

*The Anxiety Workbook for Teens: Activities to help you deal with Anxiety and Worry* by Lisa M. Schab

*The Anxiety and Phobia Workbook* by Edmund J. Bourne

*Seven Steps to Help Your Child Worry Less* by Sam Goldstein, Kristy Hagar and Robert Brooks

### **Websites**

[www.ADDitudemag.com](http://www.ADDitudemag.com)

[www.Flylady.net](http://www.Flylady.net)

[www.chadd.org](http://www.chadd.org)

[www.germantownpsych.com](http://www.germantownpsych.com)