

**Behavioral Psychology Associates, P.C.**  
**Behavioral Care Associates, P.C.**

Books with helpful advice for clients' well-being

BOOKS FOR PARENTS

Agassi, M. (2000). *Hands are not for hitting*. Minneapolis, MN: Free Spirit Publishing.

American Academy of Child and Adolescent Psychiatry. (1988). *Your child: Emotional, behavioral, and cognitive development from birth through preadolescence*. New York: HarperCollins.

American Academy of Child and Adolescent Psychiatry. (1999). *Your adolescent: Emotional, behavioral, and cognitive development from early adolescence through the teen years*. New York: HarperCollins.

Barkley, R.A. (2000). *Taking charge of ADHD (revised ed.)*. New York: Guilford.

Barkley, R.A. & Benton, C.M. (1998). *Your defiant child: Eight steps to better behavior*. New York: Guilford Press.

Bloomquist, M. (2005). *Skills training for children with behavior disorders*. New York: Guilford Press.

Brooks, R. & Goldstein, S. (2001). *Raising resilient children*. New York: McGraw Hill.

Christophersen, E. R. & Mortsweet, S. L. (2002). *Parenting that works: Building skills that last a lifetime*. Washington, DC: Magination Press.

Clark, L. (1996). *SOS help for parents*. Bowling Green, KY: Parents Press.

Dacey, J.S. and Fiore, L.B. (2000). *Your anxious child: How parents and teachers can relieve anxiety in children*. San Francisco: Jossey-Bass.

Ferber, R. (1985). *Solve your child's sleep problems*. New York: Simon and Schuster.

Forehand, R., & Long, N. (2002). *Parenting the strong-willed child (Revised edition)*. Chicago: Contemporary Books.

Gomi, T. (1993). *Everyone poops*. Kane/Miller Publishers.

Gordon, T. (2000). *Parent effectiveness training: The proven program for raising responsible children*. New York: Three Rivers Press.

- Greene, R.W. (2001). *The explosive child: A new approach for understanding and parenting easily frustrated, chronically inflexible children*. New York: HarperCollins.
- Hyman, B. & Pedrick, C. (2005). *The OCD workbook: Your guide to breaking free from obsessive –compulsive behavior*. Oakland, CA: New Harbinger Publications.
- Kranowitz, C.S. (2005). *The out-of-sync child: Recognizing and coping with sensory processing disorder*. (Revised and updated edition). Pedigree Trade.
- Leventhal-Belfer, L., & Coe, C. (2004). *Asperger's Syndrome in young children: A developmental approach for parents and professionals*. London: Jessica Kingsley.
- March, J. & Mulle, K. (1998). *OCD in children and adolescents*. New York: Guilford Press.
- McGinnis, E. & Goldstein, A. (1997). *Skillstreaming the elementary school child*. Champaign, IL: Research Press.
- Meiners, C. (2003). *Listen and learn*. Minneapolis, MN: Free Spirit Publishing.
- Meiners, C. (2003) *Share and take turns*. Minneapolis, MN: Free Spirit Publishing.
- Miller, A. (1996). *Drama of the gifted child: A search for the true self*. Basic Books.
- Newville, H. & Johnson, D.C. (1998). *Temperament tools: working with your child's inborn traits*. Parenting Press.
- Papolos, D. & Papolos, J. (1999) *The bipolar child*. Broadway Books.
- Patterson, G.R. (1975). *Families: Applications of social learning to family life*. Champaign, IL: Research Press.
- Patterson, G., & Forgatch, M. (2005). *Parents and adolescents living together* (2<sup>nd</sup> ed., Part 1 and 2). Champaign, IL: Research Press.
- Phelan, Thomas. (2004). *1-2-3 Magic: Effective discipline for children 2-12*. Parentmagic.
- Rapee, R.M., Spence, S. Cobham, V., & Wignall, A. (2000). *Helping your anxious child: A step by step guide for parents*. Oakland, CA: New Harbinger Publications.
- Shiller, V.M. (2003). *Rewards for kids: Ready to use charts and activities for positive parenting*. Washington, DC: American Psychological Association.
- Sloane, Howard. *The good kid book*. Champaign, IL: Research Press.
- Stein, D.J., Christenson, G.A. & Hollander, E. (1999). *Trichotillomania*: Washington, DC: American Psychiatric Press.

Waltz, M. (2000). *Bipolar disorders*. O'Reilly Press.

Wilens, T.E. (2004). *Straight talk about psychiatric medication for kids* (Revised ed.). New York: Guilford.

### BOOKS FOR KIDS

Agassi, M. (2000). *Hands are not for hitting*. Minneapolis, MN: Free Spirit Publishing.

Brown, L.K. & Brown, M. (1988). *How to be a friend: A guide to making friends and keeping them*. Little, Brown & Co.

Golomb, R.G. & Vaurichek, S.M. (2002). *The hair pulling habit and you: How to solve the trichotillomania puzzle*. United Graphics.

Greive, B.T. (2005). *The blue day book for kids: A lesson in cheering yourself up*. Andrews McMeel Publishing.

Madison, L. (2002). *The feelings book: The care and keeping of your emotions*. American Girl Library, Pleasant Company Publications.

Meiners, C. (2003). *Listen and Learn*. Minneapolis, MN: Free Spirit Publishing.

Meiners, C. (2003). *Share and take turns*. Minneapolis, MN: Free Spirit Publishing.

Verdick, E. (2004). *Words are not for hurting*. Minneapolis, MN: Free Spirit Publishing.

Verdick, E. (2003). *Teeth are not for biting*. Minneapolis, MN: Free Spirit Publishing.

Verdick, E. (2004). *Feet are not for kicking*. Minneapolis, MN: Free Spirit Publishing.

### BOOKS FOR COUPLES

Spring, J. A. (1996). *After the affair*. HarperPerennial.

Gottman, J. M. (1999). *The seven principles for making marriage work*. New York: Three Rivers Press.

Lerner, H. (1985). *The dance of anger: A woman's guide to changing the patterns of intimate relationships*. Harper & Row Publishers.

Louden, J. (2005). *The couples comfort book: A creative guide for renewing passion, pleasure, and commitment*. San Francisco: Harper.

## BOOKS FOR ADULTS

- Barkley, R.A. (2000). *Taking charge of ADHD* (Revised ed.). New York: Guilford.
- Bolles, R. N. (1987). *What color is your parachute*. Ten Speed Press.
- Brown, D. (1996). *Flying without fear*. Oakland, CA: New Harbinger Publications.
- Burns, D. (1989). *The feeling good handbook*. New York: Penguin Books.
- Butler, G. (1999). *Overcoming social anxiety and shyness: A self-help guide using cognitive behavioral techniques*. London: Robinson Publishing.
- Carbonell, D. A. (2004). *Panic attacks workbook: A guided program for beating the panic trick*. Berkeley, CA: Ulysses Press.
- Copeland, M. E. (2002). *The depression workbook: A guide for living with depression and manic depression*. Oakland, CA: New Harbinger Publications.
- Davis, M., Eshelman, E., & McKay, M. (2003). *The relaxation and stress reduction workbook*. MJF Books.
- Desberg, P. (1992). *No more butterflies: Overcoming stage fright, shyness, interview anxiety, & fear of public speaking*. Oakland, CA: New Harbinger Publications.
- Kushner, H. (1981). *When bad things happen to good people*. Avon Books.
- Markway, B.A., Pollard, C.A., Flynn, T., & Carmin, C.N. (1992). *Dying of embarrassment: Help for social anxiety & phobia*. Oakland, CA: New Harbinger Publications.
- Millman, D. (2000). *Way of the peaceful warrior: A book that changes lives*. HJ Kramer/New World Library.
- Penzel, Fred. (2000). *Obsessive Compulsive Disorders: A complete guide to getting well and staying well*. New York: Oxford University Press.
- Rirsig, R. (1984). *Zen and the art of motorcycle maintenance: An inquiry into values*. Bantam.
- Sapadin, L. (2004). *Master your fears: How to triumph over your worries and get on with your life*. Hoboken, NJ: John Wiley & Sons.
- Steketee, G., & White, K. (1990). *When once is not enough: Help for obsessive compulsives*. Oakland, CA: New Harbinger Publications.
- Weekes, C. (1969). *Hope and health for your nerves*. New York: Bantam Books.

Weekes, C. (1972). *Peace from nervous suffering*. New York: Bantam Books.

Welwood, J. (1990). *Journey of the heart: The path of conscious love*. Grove Press.