

# Reading List

## Anxiety

*Talking Back to OCD: The Program That Helps Kids and Teens Say "No Way" -- and Parents Say "Way to Go"* by John March.

*If Your Adolescent Has an Anxiety Disorder: An Essential Resource for Parents*  
by Edna B. Foa

*The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry*  
by Lisa M. Schab

*Freeing Your Child from Anxiety: Powerful, Practical Solutions to Overcome Your Child's Fears, Worries, and Phobias* by Tamar Chansky

*Get OFF THE BUS: Depression, Anxiety & Obsession* by Steven A. Szykula PhD

*Worried No More* by Aureen Wagner PhD

## Attention Deficit/Hyperactivity Disorder

Children and Adults with Attention Deficit Disorders (CHADD). CHADD is a national organization devoted to advocacy on behalf of persons with AD/HD, and has local chapters that run parent support groups. The national office can be reached at [www.chadd.org](http://www.chadd.org).

*ADHD Living Without Brakes*, by Dr. Martin L. Kutscher and and Dr. Douglas Puder

*Taking Charge of ADHD, The Complete Authoritative Guide for Parents*  
by Dr. Russell Barkley

*Freeing Your Child from Anxiety: Powerful, Practical Solutions to Overcome Your Child's Fears, Worries, and Phobias* by Tamar Chansky

*Academic Success Strategies for Adolescents with Learning Disabilities and ADHD*  
by Esther Minskoff and David Allsopp.

# Reading List

## Depression

*Adolescent Depression: A Guide for Parents* by Francis Mark Mondimore

*The Feeling Good Handbook* by David Burns

*Get OFF THE BUS: Depression, Anxiety & Obsession* by Steven A. Szykula PhD

## Oppositional Behavior Parent Behavioral Management

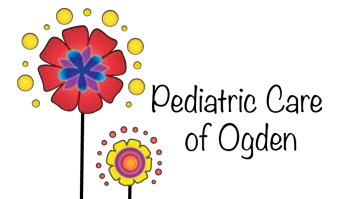
*The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children* by Ross Greene.

*Raising an Emotionally Intelligent Child* by John Gottman.

*1-2-3 Magic: Effective Discipline for Children 2-12* by Thomas Phelan.

*How To Talk So Kids Will Listen & Listen So Kids Will Talk*  
by Adele Faber and Elaine Mazlish

*The Defiant Child: A Parents Guide to Oppositional Defiant Disorder*  
by Dr. Douglas Riley



# Websites & Apps

1

American Academy of  
Child and Adolescent  
Psychiatry

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

2

Info About Kids

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

3

Psyber Guide

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

4

Medline Plus

[www.medlineplus.gov](http://www.medlineplus.gov)

5

Head Space App

Breathe2Relax App

Calm App

## NOTES

*There are multiple therapeutic approaches to anxiety. When choosing a therapist, it is important that your child and you feel comfortable and the therapist is using evidence-based approaches to treating anxiety.*

