

Abuse Prevention and Aftermath Book List

(all these books are available at Amazon.com)

SOMETHING HAPPENED AND I'M SCARED TO TELL: A BOOK FOR YOUNG VICTIMS OF ABUSE

by Patricia Kehoe (1987)

Helps shift the blame from the victim to the perpetrator which is a crucial message.

LOVING TOUCHES

by Lory Freeman (1986)

Tool to reach young children about the need for loving, nurturing touches as well as the prevention of harmful touches

Reading level: ages 4-8

TELLING ISN'T TATTLING

By Kathryn M. Hammerseng (1995)

Encourages kids to think about how they might handle both minor irritations and potentially dangerous situations

Reading level: ages 4-8

THE TROUBLE WITH SECRETS

by Karen Johnson (1986)

Helps young children understand the difference between secrets to be kept and those that are not. Available in English and Spanish

A BETTER SAFE THAN SORRY BOOK: A FAMILY GUIDE FOR SEXUAL ASSAULT PREVENTION

by Sol Gordon and Judith Gordon (1992)

Discusses the sexual assault of children and how it can be prevented or survived

Reading level: ages 4-8

MY BODY IS PRIVATE

by Linda W. Girard (1984)

Introduces the topic of sexual abuse and ways to keep one's body private

Reading level: ages 4-8

THE SILENT CHILDREN: A PARENT'S GUIDE TO THE PREVENTION OF CHILD SEXUAL ABUSE

by Linda Tschirhart Sanford (1985)

SPIDERS AND FLIES: HELP FOR PARENTS AND TEACHERS OF SEXUALLY ABUSED CHILDREN

by Donald Hillman (1990)

CHILD LURES: WHAT EVERY PARENT AND CHILD SHOULD KNOW ABOUT PREVENTING SEXUAL ABUSE AND ABDUCTION

by Kenneth Wooden (1995)

Practical advice that may just save your child

THE MOTHER'S BOOK: HOW TO SURVIVE THE MOLESTATION OF YOUR CHILD

By Carolyn M. Byerly

STRANGER DANGER: HOW TO KEEP YOUR CHILD SAFE

By Carol Soret Cope (1997)

MY VERY OWN BOOK ABOUT ME: A PERSONAL SAFETY BOOK

by Mary Dietzel (2000)

Teaches kids personal safety and how to better protect themselves

NO IS NOT ENOUGH: HELPING TEENAGERS AVOID SEXUAL ASSAULT

by Caren Adams (1984)

SO WHAT'S IT TO ME

by Gayle M. Stringer (1989)

Practical examples of how to prevent assault

TOP SECRET: SEXUAL ASSAULT INFORMATION FOR TEENAGERS ONLY

by Jennifer Ray and Billy Jo Flerchinger (1988)

Provides candid, heart-to-heart answers to adolescent girls' most difficult questions about sexual assault

NO MORE SECRETS: PROTECTING YOUR CHILD FROM SEXUAL ASSAULT

by Caren Adams and Jennifer Fay (1981)

THE SAFE CHILD BOOK: A COMMONSENSE APPROACH TO PROTECTING CHILDREN AND TEACHING CHILDREN TO PROTECT THEMSELVES

by Sherryll Kraizer (1996)

Gives parents effective and nonthreatening techniques for teaching children how to protect themselves without making them afraid

I TOLD MY SECRET: A BOOK FOR KIDS WHO WERE ABUSED

by Eliana Gil (1986)

Child-friendly language and specific information that children need to heal from the trauma of abuse

DO YOU HAVE A SECRET?: HOW TO GET HELP FOR SCARY SECRETS

by Pamela Russell and Beth Stone (1986)

Discusses, in simple text and illustrations, good and bad secrets, how to differentiate between them, and how not to keep bad secrets to oneself

INCEST AND SEXUALITY: A GUIDE TO UNDERSTANDING AND HEALING

by Wendy Maltz and Beverly Holman (1991)

NO MORE SECRETS FOR ME

by Oralee Wachter (2002)

Helps parents talk with their children about the sensitive subject of sexual abuse

Reading level: ages 9-12

NO-NO THE LITTLE SEAL

by Judith Feldman (1986)

A young seal is upset when his uncle starts touching his body in private places, until he finds the courage to tell Wise Whale

Reading level: baby-preschool

EMOTIONAL ABUSE: WORDS CAN HURT

by Marlar Brassard (1987)

PLAY IT SAFE

by Kathleen Sharar Kyte (1983)

Advice for protecting your home, property, and body from robbery, assault, and other crimes

SEXUAL ABUSE: LET'S TALK ABOUT IT

by Margaret O. Hyde (1987)

Discusses the sexual abuse of children, how they can protect themselves, where they can seek help, the kinds of help available, and how to increase public awareness of this problem

WHEN YOUR CHILD HAS BEEN MOLESTED: A PARENT'S GUIDE TO HEALING AND RECOVERY

by Kathryn B. Hagans, Case Joyce, and Kathryn Brohl (1998)
Provides information, comfort and advice for families on how to put the pieces back together again after a child has been sexually molested

SOME SECRETS ARE FOR SHARING

By Randy Winston-Hillier, Jane McCreary, and C. A. Cleaveland (1986)

THE MOTHER'S BOOK: HOW TO SURVIVE THE INCEST OF YOUR CHILD

By Carolyn M. Byerly (1990)

IT'S MY BODY

by Lory Freeman (1983)
Written especially for the preschool child
Reading level: ages 4-8

PLEASE TELL!: A CHILD'S STORY ABOUT SEXUAL ABUSE

by Jessie Ottenweller (1991)
A simple book with a profoundly important message for children who have been sexually abused: the abuse wasn't their fault
Reading level: ages 9-12

WHO IS A STRANGER AND WHAT SHOULD I DO?

by Linda Walvoord Girard (1993)
How to deal with strangers in public places, on the telephone, and in cars, emphasizing situations in which the best thing to do is run away or talk to another adult

Addiction and Recovery Book List
(all these books are available at Amazon.com)

MANY ROADS ONE JOURNEY: MOVING BEYOND THE 12 STEPS

by Charlotte S. Kasl (1992)
A controversial second look at 12-Step programs

THE RECOVERY BOOK

by Arlene Eisenberg, Howard Eisenberg, & Al J. Mooney (1992)
Offers guidelines and encouragement and outlines the pitfalls and challenges that each addict must face and overcome

DON'T CALL IT LOVE

by Patrick Carnes (1992)

Points the way toward healing twisted relationships and reclaiming healthy sexuality

CHOICES AND CONSEQUENCES: WHAT TO DO WHEN A TEENAGER USES ALCOHOL/DRUGS

by Dick Schaefer (1998)

Describes a step-by-step process that you can use to stop a teenager's harmful involvement with chemicals

TOUGH LOVE: HOW PARENTS CAN DEAL WITH DRUG ABUSE

by Pauline Neff (1996)

Practical, loving help to those struggling with a child addicted to alcohol or drugs

I KNOW THE WORLD'S WORST SECRET: A CHILD'S BOOK ABOUT LIVING WITH AN ALCOHOLIC PARENT

by Doris Sanford (1988)

Brings helpful information about teenage drug abuse and parental alcoholism to young audiences
Reading level: ages 4-8

A TIME TO HEAL: THE ROAD TO RECOVERY FOR ADULT CHILDREN OF ALCOHOLICS

by Timmen L. Cermak (1989)

A comprehensive and interesting account of the various problems that can result from growing up in an alcoholic family and of the strategies for overcoming them

ADULT CHILDREN: THE SECRETS OF DYSFUNCTIONAL FAMILIES

by John C. Friel and Linda D. Friel (1990)

AN ADULT CHILD'S GUIDE TO WHAT'S 'NORMAL'

by John C. Friel and Linda D. Friel (1990)

A practical guide to living a healthy life

RECOVERY: A GUIDE FOR ADULT CHILDREN OF ALCOHOLICS

by Herbert L. Gravitz and Julie D. Bowden (1987)

Attempts to answer many of the 'silent' questions of the millions of adult children of alcoholics

12 STEPS FOR ADULT CHILDREN

by Friends in Recovery (1996)

UNDER THE INFLUENCE: A GUIDE TO THE MYTHS AND REALITIES OF ALCOHOLISM

by James Robert Milam and Katherine Ketcham (1984)

SURVIVING AN EATING DISORDER

by Michelle Siegel (1997)

Offers effective solutions and support for family and friends of those with eating disorders

RAISING DRUG-FREE KIDS: 100 TIPS FOR PARENTS

by Aletha Solter (2006)

Gives parents tips for keeping children of all ages away from drugs and alcohol

Divorce/Step Family Book List

(all these books are available at Amazon.com)

THE KIDS' BOOK OF DIVORCE: BY, FOR, AND ABOUT KIDS

by Eric E. Rofes (1981)

Twenty children, aged 11 to 14, discuss various aspects of divorce
Reading level: ages 9-12

DIVORCED KIDS

by Laurene Johnson (1992)

Speaks to all who are divorced parents and all with children of any age who are learning to cope with a new way of family life

THE DIVORCED PARENT

by Stephanie Marston (1995)

Provides a sensible, sensitive approach to raising kids--and working with ex-spouses--after divorce

MOM'S HOUSE, DAD'S HOUSE: MAKING TWO HOMES FOR YOUR CHILD

by Isolina Ricci (1997)

Guides separated, divorced, and remarried parents through the hassles and confusions of setting up a strong, working relationship with the ex-spouse in order to make two loving homes for the kids

DIFFICULT QUESTIONS KIDS ASK AND ARE TOO AFRAID TO ASK ABOUT DIVORCE

by Meg F. Schneider and Joan Zuckerberg (1996)

DOES WEDNESDAY MEAN MOM'S HOUSE OR DAD'S? PARENTING TOGETHER WHILE LIVING APART

by Marc J. Ackerman (1996)

Explains how to create a flexible visitation schedule that allows children a sense of home and permanence

THE BOYS AND GIRLS BOOK ABOUT DIVORCE

by Richard Gardner (1985)

Provides reassuring answers to many crucial questions children ask about divorce

Reading level: ages 9-12

THE PARENTS BOOK ABOUT DIVORCE

By Richard A. Gardner (1991)

HOW TO WIN AS A STEPFAMILY

by Visher (1991)

Guide readers towards forming the remarried family, considering such issues as former spouses, new grandparents, and legal issues involving custody, visitation, adoption and financial arrangements

CAUGHT IN THE MIDDLE: PROTECTING THE CHILDREN OF HIGH-CONFLICT DIVORCE

by Carla B. Garrity and Mitchell A. Baris (1997)

Designed to help parents and the professionals who work with them arrive at solutions to stressful situations that will enable the children of divorce to grow into emotionally healthy adults

HELPING CHILDREN COPE WITH DIVORCE

by Edward Teyber (2001)

A guide to negotiating this disturbing process

Domestic Violence / Anger Management Book List

(all these books are available at Amazon.com)

DOMESTIC VIOLENCE FOR BEGINNERS

by Alisa Del Tufo (1995)

BREAKING FREE FROM DOMESTIC VIOLENCE

by Jerry Brinegar (1992)

VIOLENT NO MORE: HELPING MEN END DOMESTIC ABUSE

by Michael Paymar (2000)

Help for abusive men who are ready to confront and reject their violence and find better ways to deal with relationship conflicts

THE ANGER WORKBOOK

by Lorraine Bilodeau (1994)

Teaches how anger, that most destructive of emotions, can be put to good, constructive uses--if only it's recognized, understood, approached, and managed mindfully

THE DOMESTIC VIOLENCE SOURCEBOOK

by Dawn Bradley Berry (2000)

Offers information on prevention and recovery, along with practical steps for escaping a violent domestic situation

STOP DOMESTIC VIOLENCE

by Lou Brown, Merritt McKeon, Francois Dubau (1997)

Offers hope and practical strategies for combating domestic violence

END THE PAIN: SOLUTIONS FOR STOPPING DOMESTIC VIOLENCE

by Lynn Hawker and Terry Bicehouse (1995)

VIOLENT NO MORE: HELPING MEN END DOMESTIC ABUSE

by Michael Paymar (2000)

Offers help for abusive men who are ready to confront and reject their violence and find better ways to deal with relationship conflicts

DEFENDING OUR LIVES: GETTING AWAY FROM DOMESTIC VIOLENCE & STAYING SAFE

by Susan Murphy-Milano (1996)

Presents material that will help abused women on the path to freedom

GETTING FREE: YOU CAN END ABUSE AND TAKE BACK YOUR LIFE

by Ginny NiCarthy (2004)

Shows battered women the danger they face and help them map a way out

THE BATTERED WOMAN'S SURVIVAL GUIDE: BREAKING THE CYCLE

by Jan Berliner Statman (1995)

A focused, practical guide for breaking the debilitating cycle of domestic violence

AMEND: WORKBOOK FOR ENDING VIOLENT BEHAVIOR

by Michael Lindsey, Robert W. McBride, and Constance M. Platt
(1993)

FACING THE FIRE: EXPERIENCING AND EXPRESSING ANGER APPROPRIATELY

by John Lee and William Stott (1993)

WHEN ANGER HURTS: QUIETING THE STORM WITHIN

by Matthew McKay, Peter Rogers, and Judith McKay (2003)
Step-by-step guide to changing habitual anger-generating thoughts while developing healthier, more effective ways of meeting your needs

WHY DOES HE DO THAT?: INSIDE THE MINDS OF ANGRY AND CONTROLLING MEN

by Lundy Bancroft (2003)
Discussions on the nature of abusive thinking, how abusive men manipulate their families and the legal system and whether or not they can ever be cured

WHEN DAD HURTS MOM: HELPING YOUR CHILDREN HEAL THE WOUNDS OF WITNESSING ABUSE

by Lundy Bancroft (2005)
Advice to women who are abused by their partners and are concerned about the impact on their children

THE VERBALLY ABUSIVE RELATIONSHIP: HOW TO RECOGNIZE IT AND HOW TO RESPOND

by Patricia Evans (1996)

BOUNDARIES IN MARRIAGE

by Henry Cloud and John Townsend (2002)
Learn when to say yes and when to say no to your spouse and to others

Conversations with Jean: A tragedy of domestic violence

by Catherine A. Hosmer (2003)
Story of a domestic violence victim who was murdered by her husband. Provides insight into the mindset of a dangerous domestic violence stalker.

Grandparenting Book List

(all these books are available at Amazon.com)

RAISING OUR CHILDREN'S CHILDREN

by Deborah Doucette-Dudman (1997)

Examines reasons a birthparent does not raise his or her child, the choices grandparents must make, and the far-reaching consequences of those choices, the ongoing relationships with birthparents, and dealing with the legal system

THE GRANDPARENTS' BOOK

by Anastazia Little (1988)

Grief/Bereavement Book List

(all these books are available at Amazon.com)

HELP FOR THE HARD TIMES: GETTING THROUGH LOSS

by Earl Hipp (1995)

Helps figure out ways to continue functioning after loss

Reading level: ages 12 & up

Health Related Issues Book List

(all these books are available at Amazon.com)

AIDS: TRADING FEAR FOR FACTS: A GUIDE FOR YOUNG PEOPLE

by Karen Hein and Theresa Foy Digeronimo (1994)

Explains how the AIDS virus can affect the body, how it is transmitted, how it can be prevented, and the symptoms of the disease

NO TIME TO WAIT

by Nick Siano (1993)

Provides the necessary tools for those with HIV to participate fully in their treatment

THE UNDERGROUND GUIDE TO TEENAGE SEXUALITY

by Michael J. Basso (2003)

Discusses anatomy and physiology, sexually transmitted diseases, pregnancy, birth control, abortion, and sexuality in terms that teenagers comprehend

Reading level: grade 7 & up

MY BODY, MY SELF FOR GIRLS: A "WHAT'S HAPPENING TO MY BODY?" QUIZBOOK AND JOURNAL

by Linda Madaras and Area Madaras (2000)

Uses quizzes, exercises, personal stories, checklists, and other activities to help girls learn about the changes that will take place in their bodies during puberty

Reading level: ages 9-12

MY BODY, MY SELF FOR BOYS: A "WHAT'S HAPPENING TO MY BODY?" QUIZBOOK AND JOURNAL

by Linda Madaras, Area Madaras, and Lynda Madaras (2000)

Uses quizzes, exercises, personal stories, checklists, and other activities to help boys learn about the changes that will take place in their bodies during puberty

Reading level: ages 9-15

THE "WHAT'S HAPPENING TO MY BODY" BOOK FOR GIRLS

by Linda Madaras and Area Madaras (2007)

Facts and wisdom about puberty in girls and other interesting things that go along with growing up

Reading level: ages 9-12

THE "WHAT'S HAPPENING TO MY BODY" BOOK FOR BOYS

by Lynda Madaras and Area Madaras (2007)

Facts and wisdom about puberty in boys and other interesting things that go along with growing up

Reading level: ages 9-12

THE STRESS OWNER'S MANUAL: MEANING, BALANCE AND HEALTH IN YOUR LIFE

by Ed Boenisch and C. Michele Haney (2003)

Misc. Book List

(all these books are available at Amazon.com)

I AM NOT A SHORT ADULT!: GETTING GOOD AT BEING A KID

by Marilyn Burns (1977)

Deals with various aspects of childhood and generally, how to make the most of childhood right now

Reading level: ages 9-12

WHAT MAKES ME FEEL THIS WAY?

By Leshan (1974)
Reading level: ages 9-12

MY PARENTS ARE DRIVING ME CRAZY

by Joyce Vedral (1986)
Suggestions for developing better interaction between parent and child
Reading level: grade 7 & up

A ROCK AND A HARD PLACE: ONE BOY'S TRIUMPHANT STORY

by Anthony Godby Johnson (1994)
Autobiography of child abuse, nomadic street life, and, finally, AIDS--
written with uncommon sophistication by a 14-year-old

BROKEN CHILD

by Marcia Cameron (1996)
Account of multiple personality disorder and child abuse

IS THERE NO PLACE ON EARTH FOR ME?

by Susan Sheehan (1983)
Chronicle of young woman's long struggle with schizophrenia

BRAIN LOCK: FREE YOURSELF FROM OBSESSIVE-COMPULSIVE BEHAVIOR

by Jeffrey M. Schwartz and Beverly Beyette (1997)
Presents a simple four-step method for overcoming OCD

SYBIL

by Flora Rheta Schreiber (1995)
True story based on one of the most severe cases of MPD and child abuse
in history

WHEN RABBIT HOWLS

by Truddi Chase (2002)
A documented case of dissociative identity disorder

FROM VICTIM TO OFFENDER: HOW CHILD SEXUAL ABUSE VICTIMS BECOME OFFENDERS

by Freda Briggs (1999)
A series of graphic and depressing recollections of child abuse by victims
(mostly boys) that eventually became offenders

BOUNDARIES: WHEN TO SAY YES, WHEN TO SAY NO, TO TAKE CONTROL OF YOUR LIFE

by Henry Cloud and John Townsend (2004)
Offers a realistic, compassionate plan for setting healthy boundaries with family, friends, and co-workers

Parenting Book List

(all these books are available at Amazon.com)

HOW TO TALK SO KIDS WILL LISTEN & LISTEN SO KIDS WILL TALK

by Adele Faber & Elaine Mazlish (2004)
Provides a step-by-step approach to improving relationships in *your* house

POSITIVE TIME-OUT: AND OVER 50 WAYS TO AVOID POWER STRUGGLES IN THE HOME AND THE CLASSROOM

by Jane Nelson (1999)

PARENTING YOUR TODDLER: THE EXPERT'S GUIDE TO THE TOUGH AND TENDER YEARS

by Patricia H. Shimm and Kate Ballen (1995)

POSITIVE PARENTING FROM A TO Z

by Karen Renshaw Joslin (1994)
Provides concrete age-specific solutions to more than 140 child misbehaviors

THE DISCIPLINE BOOK: HOW TO HAVE A BETTER-BEHAVED CHILD FROM BIRTH TO AGE TEN

by Bill and Martha Sears (1995)
With focus on preventing behavior problems as well as managing them when they arise, the authors offer clear, practical advice on everything parents need to know about disciplining young children

KEYS TO PARENTING YOUR TEENAGER

by Don Fontenelle (2000)
Helps parents analyze and deal with many common adolescent behavior problems

THE NEW STRONG-WILLED CHILD

by James C. Dobson (2007)
Offers practical how-to advice on raising difficult-to-handle children and incorporates the latest research

1-2-3 MAGIC: EFFECTIVE DISCIPLINE FOR CHILDREN 2-12

by Thomas W. Phelan (2004)
Provides coverage of effective discipline choices to be used on children ages 1-12

DR. SPOCK'S BABY AND CHILD CARE

by Benjamin Spock (2004)
All the information you need to meet the changes and challenges of childrearing in the new millennium

COMMON SENSE PARENTING: USING YOUR HEAD AS WELL AS YOUR HEART TO RAISE SCHOOL-AGED CHILDREN

by Ray Burke, Ron Herron, & Bridget A. Barnes (2006)
Offers solid, easy-to-read common sense

RAISING GOOD CHILDREN: FROM BIRTH THROUGH THE TEENAGE YEARS

by Thomas Lickona (1994)

TEEN TIPS-A PRACTICAL SURVIVAL GUIDE FOR PARENTS WITH KIDS 11-19

by Tom McMahon (2003)
Full of wise, practical ideas about handling parent-teen concerns

THE COMPLETE SINGLE MOTHER: REASSURING ANSWERS TO YOUR MOST CHALLENGING CONCERNS

by Andrea Engber & Leah Klungness (2006)
Provides intelligent and frequently entertaining reading and offers much to mothers without-and with-partners

THE PARENT'S JOURNAL: GUIDE TO RAISING GREAT KIDS

by Bobbi Conner (1997)
Crammed with useful, practical information

DAY BY DAY ACTIVITY BOOK: 365 DAYS OF FUN IDEAS FOR PARENTS, TEACHERS, AND KIDS

by Susan Ohanian (1996)

SURVIVING YOUR TWO-YEAR-OLD (MAGICAL YEARS)

by Janet Poland (1995)

Helps you feel confident about being a good parent at one of your child's critical turning points

YOUR BABY AND CHILD

by Penelope Leach (2003)

Each developmental stage--newborn, settled baby, older baby, toddler, and young child--is discussed in terms of feeding, teeth and teething, growing, excreting, crying, sleeping, playing, and everyday care

POSITIVE DISCIPLINE FOR PRESCHOOLERS: FOR THEIR EARLY YEARS--RAISING CHILDREN WHO ARE RESPONSIBLE, RESPECTFUL, AND RESOURCEFUL

by Jane Nelsen, Cheryl Erwin, and Roslyn Ann Duffy (2007)

Teaches you how to use methods to raise a child who is responsible, respectful, and resourceful

POSITIVE DISCIPLINE FOR TEENAGERS

by Jane Nelsen and Lynn Lott (2000)

POSITIVE DISCIPLINE A-Z: 1001 SOLUTIONS TO EVERYDAY PARENTING PROBLEMS

by Jane Nelsen, Lynn Lott, and H. Stephen Glenn (2007)

General theory to specific suggestions and approaches for hard-core parenting issues

A VERY TOUCHING BOOK...FOR LITTLE PEOPLE AND FOR BIG PEOPLE

by Jan Hindman (1983)

WITHOUT SPANKING OR SPOILING: A PRACTICAL APPROACH TO TODDLER AND PRESCHOOL GUIDANCE

by Elizabeth Crary (1993)

Dozens of examples and exercises to help you find the best way to rear your children

SETTING LIMITS: HOW TO RAISE RESPONSIBLE, INDEPENDENT CHILDREN BY PROVIDING CLEAR BOUNDARIES

by Robert J. Mackenzie (1998)

DON'T LOOK AT ME: A CHILD'S BOOK ABOUT FEELING DIFFERENT

By Doris Sanford (1986)

THE DIFFICULT CHILD

by Stanley Turecki and Leslie Tonner (2000)

AD/HD PARENTING HANDBOOK: PRACTICAL ADVICE FOR PARENTS

by Colleen Alexander-Roberts (2006)

Provides guidelines, suggestions, and advice to help parents interact with their children who have Attention Deficit Hyperactivity Disorder (ADHD)

MAYBE YOU KNOW MY KID: A PARENT'S GUIDE TO IDENTIFYING, UNDERSTANDING, AND HELPING YOUR CHILD WITH ATTENTION DEFICIT HYPERACTIVITY DISORDER

by Mary Fowler (1998)

Practical and necessary information from the most respected researchers and practitioners in the field

SURVIVAL GUIDE FOR KIDS WITH LD: LEARNING DIFFERENCES

by Gary L. Fisher (2003)

Describes the five types of LD, the rights of LD students in public schools, and a variety of behaviors to help LD kids manage their feelings and get along better at home and in school

Reading level: grade 5 and up

YOUR HYPERACTIVE CHILD

by Barbara Ingersoll (1988)

Information to help parents of a hyperactive child understand and cope with their child's baffling behavior

BACK IN CONTROL

by Greg Bodenhamer (1984)

Shows parents how to reestablish their rightful place as bosses of the family

STOP TREATING ME LIKE A KID: EVERYDAY PARENTING: THE 10-TO 13-YEAR-OLD

by Robin Goldstein and Janet Gallant (1994)

Specific, possible responses to cope with disrespect toward adults; fads, from hairstyles to video games; sibling rivalry; pet care; religious and family celebrations; and peer pressure

GOOD BEHAVIOR

By Stephen W. Garber, Marianne Daniels Garber, and Robyn Spizman (1993)

Guide to solving a thousand of the most challenging childhood problems

THE LOVING PARENTS' GUIDE TO DISCIPLINE: HOW TO TEACH YOUR CHILD TO BEHAVE RESPONSIBLY

by Marilyn E. Gootman (2000)

Advice for parents who want to raise happy, healthy, well-behaved children

SUPER KIDS IN 30 MINUTES A DAY

by Karen U. Kwiatkowski (1995)

GENTLE DISCIPLINE: 50 EFFECTIVE TECHNIQUES FOR TEACHING YOUR CHILDREN GOOD BEHAVIOR

by Dawn Lighter (1995)

Teaching children good behavior is much easier, more productive, and more pleasant than focusing on punishing bad behavior

SIX-POINT PLAN FOR RAISING HAPPY, HEALTHY CHILDREN

by John Rosemond (1989)

Strategies that should help parents to resolve family conflicts and raise well-adjusted children

THE 7 SECRETS OF SUCCESSFUL PARENTS

by Randy Rolfe (1997)

Guide to basic, commonsense child rearing

CHANGE YOUR CHILD'S BEHAVIOR BY CHANGING YOURS: 13 NEW TRICKS TO GET KIDS TO COOPERATE

by Barbara Chernofsky and Diane Gage (1996)

13 common problem situations with youngsters from birth to age six and provide the words and tools to deal with them

TEACHING YOUR CHILDREN VALUES

by Richard Eyre and Linda Eyre

Practical methods to teach children about values over a 12-month period

THE FAMILY ENCYCLOPEDIA OF CHILD PSYCHOLOGY AND DEVELOPMENT

by Frank Joe Bruno (1992)

Facts, concepts and discussions about almost any aspect of the thoughts, feelings and actions of the growing child or adolescent

COMMON SENSE DISCIPLINE

by Roger Allen and Ron Rose (2001)

PARENTING YOUR TEENAGER

by David Elkind (1996)

Practical, sensible advice on all the tough challenges and choices that teenagers and their parents face

TEENSPEAK!: A BEWILDERED PARENT'S GUIDE TO TEENAGERS

by Linda Meyer (1994)

COPING WITH YOUR ADOLESCENT

by Larry Waldman (1994)

TEEN TIPS - A PRACTICAL SURVIVAL GUIDE FOR PARENTS WITH KIDS 11-19

by Tom McMahon (2003)

Practical ideas about handling parent-teen concerns

POSITIVE PARENTING YOUR TEENS

by Karen Renshaw Joslin (1997)

Offers quick, clear, workable strategies not only for surviving but for enjoying the teenage years

MY TEENAGER IS DRIVING ME CRAZY: A GUIDE TO GETTING YOU AND YOUR TEEN THROUGH THESE DIFFICULT YEARS

by Joyce L. Vedral (2003)

Offers insights into the teenage mind and why they act the way they do

GROWING UP AGAIN - SECOND EDITION: PARENTING OURSELVES, PARENTING OUR CHILDREN

by Connie Dawson and Jean Illsley Clarke (1998)

Guidance on providing children with the structure and nurturing that are so critical to their healthy development -- and to our own

KIDS ARE WORTH IT! : GIVING YOUR CHILD THE GIFT OF INNER DISCIPLINE

by Barbara Coloroso (2002)

Urges parents to teach children to take responsibility for their actions

SHELTER OF EACH OTHER

by Mary Pipher (1997)

Demonstrates ways of strengthening communities and bringing families closer together

PARENT POWER!

by John Rosemond (1991)

GOOD KIDS, BAD BEHAVIOR: HELPING CHILDREN LEARN SELF-DISCIPLINE

by Peter A. Williamson (1990)

ARE WE HAVING FUN YET?: THE 16 SECRETS OF HAPPY PARENTING

by Kay Willis and Maryann Bucknum Brinley (1998)

THE PARENT'S LITTLE BOOK OF LISTS: DOS AND DON'TS OF EFFECTIVE PARENTING

by Jane Bluestein (1997)

An easy to read book that covers a wide realm of family issues

PARENTS, TEENS AND BOUNDARIES: HOW TO DRAW THE LINE

by Jane Bluestein (1993)

20 relationship-building techniques all parents can use to set limits with their teens

BOUNDARIES WITH KIDS

by Henry Cloud and John Townsend (2001)

Raising your kids to take responsibility for their actions, attitudes, and emotions

BOUNDARIES WITH TEENS: WHEN TO SAY YES, HOW TO SAY NO

by John Townsend (2006)

Important keys for establishing healthy boundaries, maturity, safety, and growth for teens and the adults in their lives

TEACHING CHILDREN SELF-DISCIPLINE AT HOME AND AT SCHOOL

by Thomas Gordon (1989)

Provides ways parents and teachers can build self-control, self-esteem, and self-reliance by teaching the skills required to govern a family, classroom or group more democratically

PARENTING FOR A PEACEFUL WORLD

by Robin Grille (2005)

THE NATURAL CHILD: PARENTING FROM THE HEART

by Jan Hunt (2001)

Offers a consistent and compelling approach to raising a loving, trusting, and confident child, without resorting to coercion or manipulation

UNCONDITIONAL PARENTING: MOVING FROM REWARDS AND PUNISHMENTS TO LOVE AND REASON

by Alfie Kohn (2005)
Ideas for working with children rather than doing things to them

**CONNECTION PARENTING: PARENTING THROUGH CONNECTION
INSTEAD OF COERCION, THROUGH LOVE INSTEAD OF FEAR**

by Pam Leo (2007)
How to meet your child's needs through love and bonding, not fear or threats

PERFECT PARENTING

by Elizabeth Pantley (1998)
Dictionary of 1000 parenting tips

**KID COOPERATION: HOW TO STOP YELLING, NAGGING AND
PLEADING AND GET KIDS TO COOPERATE**

by Elizabeth Pantley (1996)
Practical, purposeful things you can do to improve family life

**TEARS AND TANTRUMS: WHAT TO DO WHEN BABIES AND
CHILDREN CRY**

by Aletha Jauch Solter
Offers practical, compassionate solutions to problems posed by children's emotional pain and strong feelings and the childhood memories and hurts that children's pain and feelings can evoke in their parents

HELPING YOUNG CHILDREN FLOURISH

by Aletha Jauch Solter (1989)
Information and guidance for anyone caring for children between the ages of two and eight years of age

PARENTING TEENS IN A CONFUSING CULTURE

by Mark Gregston (2008)
Provides solid help and practical wisdom on how to approach teens caught up in our confusing culture

**PARENTING YOUR OUT-OF-CONTROL TEENAGER: 7 STEPS TO
REESTABLISH AUTHORITY AND RECLAIM LOVE**

by Scott P. Sells (2001)

30 WAYS IN 30 DAYS TO SAVE YOUR FAMILY

by Rebecca Hagelin (2009)
Lays out 30 simple and concrete actions that parents can implement-one day at a time-to reconnect with their children and restore peace in their home.

Runaway Book List

(all these books are available at Amazon.com)

ADOLESCENT RUNAWAYS: CAUSES AND CONSEQUENCES

By Mark-David Janus (1987)

Suicide Book List

(all these books are available at Amazon.com)

NO ONE SAW MY PAIN: WHY TEENS KILL THEMSELVES

by Andrew E. Slaby and Lili Frank Garfinkel (1996)

Clinical experiences that have led to the formulation of practical strategies for use by parents and other interventionists

WHY SUICIDE?: ANSWERS TO 200 OF THE MOST FREQUENTLY ASKED QUESTIONS ABOUT SUICIDE

by Eric Marcus (1996)

Focuses primarily on consoling survivors and dispelling myths

SUICIDE: THE FOREVER DECISION... FOR THOSE THINKING ABOUT SUICIDE, AND FOR THOSE WHO KNOW, LOVE, OR COUNSEL THEM

by Paul G. Quinnett (1993)

Presents suicide in a very compassionate yet matter-of-fact manner

Adult Survivor / Self Help Book List

(all these books are available at Amazon.com)

BEGINNING TO HEAL: A FIRST BOOK FOR MEN AND WOMEN WHO WERE SEXUALLY ABUSED AS CHILDREN

by Ellen Bass and Laura Davis (2003)

Offers hope and guidance for all survivors starting the healing journey

THE COURAGE TO HEAL

by Ellen Bass and Laura Davis (2002)

Offers help and encouragement to women who were sexually abused in childhood

KEEPING LIFE SIMPLE: 300 TIPS & IDEAS

by Karen Levine (2005)

Tips for ways to reduce the clutter, focus on what really matters, and enhance life's everyday moments

CHICKEN SOUP FOR THE SOUL

by Jack Canfield and Mark Victor Hansen (2001)

Wit and wisdom, hope and empowerment to buoy you through life's dark moments

CONSPIRACY OF SILENCE: THE TRAUMA OF INCEST

by Sandra Butler (1996)

VICTIMS NO LONGER: THE CLASSIC GUIDE FOR MEN RECOVERING FROM SEXUAL CHILD ABUSE

by Mike Lew (2004)

Offers compassionate and practical advice

YOU CAN HEAL YOUR LIFE

by Louise L. Hay (2003)

The timeless message of the book is that we are each responsible for our own reality and "dis-ease."

HEART THOUGHTS: A TREASURE OF INNER WISDOM

by Louise L. Hay (1992)

SAFE PASSAGE TO HEALING: A GUIDE FOR SURVIVORS OF RITUAL ABUSE

by Chrystine Oksana (2001)

SENSIBLE SELF-HELP: THE FIRST ROAD MAP FOR THE HEALING JOURNEY

By David Grudermeyer, Rebecca Grudermeyer, and Lerissa Nancy Patrick (1996)

Encyclopedia of self-help sequences, routes and choices

WOMEN AND SELF-ESTEEM: UNDERSTANDING AND IMPROVING THE WAY WE THINK AND FEEL ABOUT OURSELVES

by Linda T. Sanford & Mary Ellen Donovan (1993)

IT'S NOT OKAY ANYMORE: YOUR PERSONAL GUIDE TO ENDING ABUSE, TAKING CHARGE, AND LOVING YOURSELF

by Gren Enns and Jan Black (1997)

Motivates women to be survivors instead of victims

WHY ME? HELP FOR VICTIMS OF CHILD SEXUAL ABUSE (EVEN IF THEY ARE ADULTS NOW)

by Lynn Daugherty (2007)

Answers questions about child sexual abuse and abusers, shares stories from other victims, and provides step-by-step guidance to those seeking recovery from childhood trauma

BETRAYAL OF INNOCENCE: INCEST AND ITS DEVASTATION

by Susan Forward and Craig Buck (1988)

CHILDREN OF TRAUMA: REDISCOVERING YOUR DISCARDED SELF

by Jane Middleton-Moz (1989)

Serves as a map to guide you and help you rediscover your discarded self... the best self you were always meant to be

RITUAL ABUSE: WHAT IT IS, WHY IT HAPPENS, AND HOW TO HELP

by Margaret Smith (1993)

UNCHAINED MEMORIES: TRUE STORIES OF TRAUMATIC MEMORIES, LOST AND FOUND

by Lenore Terr (1994)

Five convincing tales concerning childhood trauma that was "forgotten" long before being "recovered"

FEELINGS BURIED ALIVE NEVER DIE

by Karol K. Truman (1992)

BROKEN BOYS/MENDING MEN

by Stephen D. Grubman-Black (1991)

This book affirms for victims, survivors, and those others who care and want to help, that it's okay to tell

GHOSTS IN THE BEDROOM: A GUIDE FOR THE PARTNERS OF INCEST SURVIVORS

by Ken Graber (1991)

Provides comfort and guidance for partners in the process of recovery

RAPID RELIEF FROM EMOTIONAL DISTRESS: A NEW, CLINICALLY PROVEN METHOD FOR GETTING OVER DEPRESSION & OTHER

EMOTIONAL PROBLEMS WITHOUT PROLONGED OR EXPENSIVE THERAPY

by Gary Emery (1987)

Features 38 tests and exercises to help you pinpoint your problems and find immediate relief

I DON'T HAVE TO MAKE EVERYTHING ALL BETTER

by Gary Lundberg and Joy Lundberg (2000)

Addresses an all too common dilemma that arises when others expect you to solve their problems for them

FEEL THE FEAR . . . AND DO IT ANYWAY

by Susan Jeffers (2006)

Offers a clear-cut plan for action that should help unlearn misconceptions about fear and replace them with attitudes of strength and conviction

HOW LONG DOES IT HURT: A GUIDE TO RECOVERING FROM INCEST AND SEXUAL ABUSE FOR TEENAGERS, THEIR FRIENDS, AND THEIR FAMILIES

by Cynthia L. Mather and Kristina E. Debye (2004)

Speaks directly to victims of sexual abuse to help them come to grips with what is happening to them and overcome their feelings of isolation, confusion, and self-doubt

THE ME NOBODY KNOWS: A GUIDE FOR TEEN SURVIVORS

by Barbara Bean and Shari Bennett (1997)

Offer simple, concrete advice about reporting abuse and how to seek counseling

SIMPLY LIVE IT UP: BRIEF SOLUTIONS

by Teri-E Belf and Charlotte Ward (1997)

Tool for personal and professional continuous improvement

RAPID RELIEF FROM EMOTIONAL DISTRESS: A NEW, CLINICALLY PROVEN METHOD FOR GETTING OVER DEPRESSION & OTHER EMOTIONAL PROBLEMS WITHOUT PROLONGED OR EXPENSIVE THERAPY

by Gary Emery (1987)

Featuring 38 tests and exercises to help you pinpoint your problems and find immediate relief

WOULDA, COULDA, SHOULDA: OVERCOMING REGRETS, MISTAKES, AND MISSED OPPORTUNITIES

by Arthur Freeman (1990)

Presents situations wherein the destructive behavior described by the title is accompanied by techniques for change

FEEL THE FEAR . . . AND DO IT ANYWAY

by Susan Jeffers (2006)

Offers a clear-cut plan for action that, when followed, should help unlearn misconceptions about fear and replace them with attitudes of strength and conviction

END THE STRUGGLE AND DANCE WITH LIFE

by Susan Jeffers (2005)

Prescription for living life, including methods to cope with stress, unhappiness and competition in the workplace

TRUSTING OURSELVES: THE COMPLETE GUIDE TO EMOTIONAL WELL-BEING FOR WOMEN

by Karen Johnson (1994)

Very simply written, with a minimum of medical jargon and no intellectual superiority

FACING FEAR, FINDING COURAGE: YOUR PATH TO PEACE OF MIND

by Sarah Quigley (1996)

Everybody has fears and uncertainty and you can learn to coexist with them

I WANT TO CHANGE BUT I DON'T KNOW HOW

by Tom Rusk and Randy Read (1991)

You don't have to be what you have been told you are

FORGIVENESS: HOW TO MAKE PEACE WITH YOUR PAST AND GET ON WITH YOUR LIFE

by Sidney B. Simon and Suzanne Simon (1991)

FORGIVE AND FORGET: HEALING THE HURTS WE DON'T DESERVE

by Lewis B. Smedes (2007)

Provides excellent points and processes one can utilize in order to relieve themselves of negative feelings and begin the process of healing

SECRET SURVIVORS

by E. Sue Blume (1998)

Offers help, advice, and support while exploring in depth the devastation wrought by sexual abuse by family, friends, or caregivers

RIGHT TO INNOCENCE: HEALING THE TRAUMA OF CHILDHOOD SEXUAL ABUSE

by Beverly Engel (1990)

Seven-step program, that will aid you in: facing the truth, releasing your anger, confronting those responsible with facts and feelings, forgiving yourself, and more healing advice and information

THE EMOTIONALLY ABUSED WOMAN : OVERCOMING DESTRUCTIVE PATTERNS AND RECLAIMING YOURSELF

by Beverly Engel (1992)

Step-by-step recovery process to help you heal the damage done in the past

PARTNERS IN RECOVERY

by Beverly Engel (1993)

For anyone accompanying a survivor along the rocky road to recovery

BEYOND VICTIMHOOD: EMBRACE THE FUTURE

by Tom Fitzgerald (1995)

Contains a hands-on process to embrace the future, an annotated reading list to enrich self-understanding, and a litany of daily reminders to help maintain focus

REPRESSED MEMORIES: A JOURNEY TO RECOVERY FROM SEXUAL ABUSE

by Renee Fredrickson (1992)

OUTGROWING THE PAIN TOGETHER

by Eliana Gil (1992)

For spouses and partners of adults abused as children

THE WOUNDED HEART: HOPE FOR ADULT VICTIMS OF CHILDHOOD SEXUAL ABUSE

by Dan B. Allender (1995)

A next step for those who have begun the healing process, and a place to start for others

GETTING THROUGH THE DAY: STRATEGIES FOR ADULTS HURT AS CHILDREN

by Nancy J. Napier (1994)

ABUSED BOYS: THE NEGLECTED VICTIMS OF SEXUAL ABUSE

by Mic Hunter (1991)
Examines the physical and emotional impact of abuse on its victims and the factors affecting recovery

MALE SURVIVORS: 12-STEP RECOVERY PROGRAM FOR SURVIVORS OF CHILDHOOD SEXUAL ABUSE : WITH EXERCISES FOR PERSONAL GROWTH

by Timothy L. Sanders (1991)

BREAKING THE CIRCLE OF SATANIC RITUAL ABUSE: RECOGNIZING AND RECOVERING FROM THE HIDDEN TRAUMA

by Daniel Ryder (1992)

THE NEXT STEP: A LIFE SKILLS WORKBOOK FOR ADULT SURVIVORS OF EMOTIONAL ABUSE

by Jill Raiguel (1991)

FAMILIES IN RECOVERY : HEALING THE DAMAGE OF CHILDHOOD SEXUAL ABUSE

by Beverly Engel (2000)

Offers information and encouragement for siblings and parents of a survivor of childhood sexual abuse

CREATIVE STRESS MANAGEMENT BOOK: THE 1-2-3 COPE SYSTEM

by Jonathan C. Smith (1992)

I NEVER TOLD ANYONE: WRITINGS BY WOMEN SURVIVORS OF CHILD SEXUAL ABUSE

by Ellen Bass (1991)

Provides insight into the inner workings of child sexual abuse and why victims don't tell

VOICES IN THE NIGHT: WOMEN SPEAKING ABOUT INCEST

by Toni A. H. McNaron and Yarrow Morgan (1982)

THE INNER CHILD WORKBOOK: WHAT TO DO WITH YOUR PAST WHEN IT JUST WON'T GO AWAY

by Cathryn L. Taylor (1991)

Helps recognize the roots of problems in adult life

EMPOWERING WOMEN: EVERY WOMAN'S GUIDE TO SUCCESSFUL LIVING

by Louise L. Hay (1999)

Learn to empower yourself and rise to the top

LOVE YOURSELF, HEAL YOUR LIFE WORKBOOK

by Louise Hay (1990)

Writing exercises that teach you how to connect with your higher self

TOXIC PARENTS: OVERCOMING THEIR HURTFUL LEGACY AND RECLAIMING YOUR LIFE

by Susan Forward and Craig Buck (2002)

Guide to overcoming the agony of parental manipulation will help deal with the pain of childhood and move beyond the frustrating relationship patterns learned at home

FAMILY FALLOUT: A HANDBOOK FOR FAMILIES OF ADULT SEXUAL ABUSE SURVIVORS

by D. Landry (1992)

A good first step when confronting parents or family members about childhood sexual abuse

THE BODY NEVER LIES: THE LINGERING EFFECTS OF HURTFUL PARENTING

by Alice Miller (2006)

Long-range consequences of childhood abuse on the body

THE TRUTH WILL SET YOU FREE: OVERCOMING EMOTIONAL BLINDNESS AND FINDING YOUR TRUE ADULT SELF

by Alice Miller (2002)

Examines the consequences of cruelty to children and offers ways we can heal our early psychic wounds

WHEN YOU'RE READY: A WOMAN'S HEALING FROM CHILDHOOD PHYSICAL AND SEXUAL ABUSE BY HER MOTHER

by Kathy Evert and Inie Bijkerk

WHAT ABOUT ME? A GUIDE FOR MEN HELPING FEMALE PARTNERS DEAL WITH CHILDHOOD SEXUAL ABUSE

by Grant Cameron (1994)

Describes the feelings that partners of survivors experience while helping a survivor to heal from the painful and devastating experience of childhood sexual abuse

IT HAPPENS TO BOYS TOO

by Jane Satullo and Russell Bradway (1987)

Helpful for boys who have survived sexual abuse and are roughly 6 to 13 years of age

SHINING THROUGH: PULLING IT TOGETHER AFTER SEXUAL ABUSE

by Mindy Loiselle (1997)
Appropriate for the teen who tunes out authorities

STOLEN INNOCENCE: TRIUMPHING OVER A CHILDHOOD BROKEN BY ABUSE: A MEMOIR

by Erin Merryn (2005)
The inspiring story of one girl's struggle to become a woman, and a bright light on the pain and devastation of abuse.