BOOKS FOR PARENTS

Anxiety and Stress

The relaxation and stress workbook for kids

Parenting your anxious child with mindfulness and acceptance

Up and down the worry hill: A children’s book about Obsessive-Compulsive Disorder and its treatment

Helping your anxious child: A step-by-step guide for parents

Helping your child with OCD

Helping your child overcome separation anxiety or school refusal

Helping your socially vulnerable child

Parenting your stressed child

Freeing your child from obsessive-compulsive disorder

Freeing your child from anxiety
Depression, Sadness, and Moodiness

What to do when you grumble too much: A kid’s guide to overcoming negativity

Helping your depressed child: A step-by-step guide for parents

Optimistic child: A proven program to safeguard children against depression and build lifelong resilience

Parenting a bipolar child

Anger and Intense Emotions

Parenting a child who has intense emotions

1-2-3 magic: Effective discipline for children 2-12

Parenting the strong-willed child: The clinically proven five-week program for parents of two- to six-year olds

The explosive child: A new approach for understanding and parenting easily frustrated, chronically inflexible children

The power of positive parenting

Your defiant child: Eight steps to better behavior
**Autism, Asperger’s and Autism Spectrum**

*Helping a child with nonverbal learning disorder or Asperger’s syndrome: A parent’s guide*

*Helping your child with autism spectrum disorder: A step-by-step workbook for families*

*Rewards for Kids! Ready-to-use charts and activities for positive parenting*

*How to find mental health care for your child*

**Attention-Deficit Hyperactivity Disorder**

*Taking charge of ADHD: The complete authoritative guide for parents*

*Parenting children with ADHD: 10 lessons that medicine cannot teach*

**Chronic Hair pulling (Trichotillomania), Nail Biting, and Skin Picking**

*Help for hairpullers*

**Tics and Tourette’s**

*Natural Treatments for Tics & Tourette’s: A patient and family guide*

*Tics and Tourette’s syndrome: A handbook for parents and professionals*
Selective Mutism

Helping your child with selective mutism

BOOKS FOR CHILDREN AND ADOLESCENTS

Cat’s got your tongue? A story for children afraid to speak

Night light: A story for children afraid of the dark

Scary night visitors: A story for children with bedtime fears

My anxious mind: A teen’s guide to managing anxiety and panic

Into the great forest: A story for children away from parents for the first time

Jessica and the wolf: A story for children who have bad dreams

What to do when you worry too much: A kids guide to overcoming anxiety

What to do when your brain gets stuck: A kids guide to overcoming OCD

Free from OCD: A workbook for teens with obsessive-compulsive disorder
What to do when your temper flares: A kid’s guide to overcoming problems with anger

What to do when you dread your bed: A kid's guide to overcoming problems with sleep

What to do when your bad habits take hold: A kid’s guide to overcoming nail biting and more

It hurts when I poop! A story for children who are scared to use the potty

On your own: A college readiness guide for teens with ADHD/LD

Why are you so scared? A child’s book about parents with PTSD

Chillax! How Ernie learns to chill out, relax, and take charge of his anger

Russell's world: A story for kids about autism

Max Archer, kid detective: The case of the wet bed

Nobody's perfect: A story for children about perfectionism

The grouchies

Depression is the pits, but I’m getting better: A guide for adolescents

**ADD and the college student: A guide for high school and college students with attention deficit disorder**

**Putting on the brakes: Understanding and taking control of your ADD or ADHD**

**Attention, Girls! A guide to learn all about your AD/HD**

**Otto learns about his medicine: A story about medication for children with ADHD**

**Lion's aren't scared of shots: A story for children visiting the doctor**