

HELPFUL BOOKS

SUCCESSFUL STUDENTS

The 7 Habits of Highly Successful Teens

By: Sean Covey

Teens Can Make it Happen: Nine Steps for Success

By: Stedman Graham

Be a Changemaker: How to Start Something That Matters

By: Laurie Ann Thompson

The Secrets of Top Students: Tips, Tools, and Techniques for Acing High School and College

By: Stephanie Weisman

Chicken Soup for the Soul: Teens Talk Middle School: 101 Stories of Life, Love, and Learning
Young Teens

By: Jack Canfield

GIRLS

The Girl Guide: Finding Your Place in a Mixed-Up World

By: Christine Fonseca

A Girl's Guide to Life: The Truth on Growing Up, Being Real, and Making Your Team Years Fabulous!

By: Katie Meier

Odd Girl Out: The Hidden Culture of Aggression in Girls

By: Rachel Simmons

A Smart Girls Guide to Starting Middle School

By: Julie Williams Montalabno

BULLYING

The Bullying Workbook for Teens: Activities to Help You Deal with Social Aggression and Cyberbullying

By: Raychelle Cassada Lohmann, MS LPC

Queen Bees and Wannabes: Helping Your Daughter Survive Cliques, Gossip, Boyfriends, and the New Realities of Girl World

By: Rosalind Wiseman

VICTIMPROOF: The Student's Guide to End Bullying

By: Tom Thelen

BOYS

Masterminds & Wingmen: Helping Our Boys Cope with Schoolyard Power, Locker-Room Tests, Girlfriends, and the New Rules of Boy World

By: Rosalind Wiseman

GRIEF

Helping Teens Work Through Grief

By: Mary Kelly Perschy

Healing Your Grieving Hearts for Teens: 100 Practical Ideas

By: Alan D. Wolfelt PHD

When a Friend Dies: A Book for Teens About Grieving and Healing

By: Marilyn E. Gootman, Ed.D

CUTTING & SELF HARM

Stopping the Pain: A Workbook For Teens Who Cut and Self Injure

By: Lawrence Shapiro, PhD

Helping Teens Who Cut: Understanding and Ending Self-Injury

By: Michael Hollander

Cutting: Understanding and Overcoming Self-Mutilation

By: Steven Levenkron

SUICIDE

Teen Suicide: The Step by Step Guide to Coping and Dealing with Suicide

By: Eric Hastings

The Power to Prevent Suicide: A Guide for Teens Helping Teens

By: Richard E Nelson, PhD and Judith C. Galas

PARENTING

Parenting a Teen Girl: A Crash Course on Conflict, Communication and Connection with Your Teenage Daughter

By: Lucie Hemmen, PhD

A Parent's Guide for Suicidal and Depressed Teens

By: Kate Williams