

Suggested Reading for Parents

365 Ways to Raise Great Kids, by Sheila Ellison & Barbara Ann Barnett, Ph.D.
Active Parenting Publishers

Angry Teens and the Parents Who Love Them, by Sandy J. Austin
Beacon Hill Press of Kansas City, Missouri

Boost Your Child's Self-Esteem: Simple, Effective Ways to Build Children's Self- Respect and Confidence, by Karin Ireland
Active Parenting Publishers

Divorced Kids, by Laurene Johnson
Thomas Nelson Publishers

Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood through Adulthood, by Edward M. Hallowell, M.D., and John J. Ratey, M.D.
Simon & Schuster

Get Out of My Life, but first could you drive me and Cheryl to the mall?: A Parent's Guide to the New Teenager, by Anthony E. Wolf, Ph.D.
The Noonday Press

Girls Seen and Heard: 52 Life Lessons for Our Daughters, by Ms. Foundation for Women and Sondra Forsyth
Tarcher/Putnam

Go to Your Room! Consequences that Teach, by Shari Steelsmith
Active Parenting Publishers

Kids are Worth It!: Giving Your Child the Gift of Inner Discipline, by Barbara Coloroso
Active Parenting Publishers

Not Much, Just Chillin': The Hidden Lives of Middle Schoolers, by Linda Perlstein.
Farrar

Odd Girl Out, by Rachel Simmons
Harcourt Publishing

Over-Indulged Children: A Parent's Guide to Mentoring, by Dr. James A. Fogarty, Ed.D.
Liberty Publishing Group

Parenting Teens with Love & Logic: Preparing Adolescents for Responsible Adulthood, by Foster Cline, M.D. and Jim Fay
Pinon Press

Parenting Toward Solutions: How Parents Can Use Skills They Already Have to Raise Responsible, Loving Kids, by Linda Metcalf, Ph.D.
Prentice Hall

Queen Bees & Wannabes, by Rosalind Wiseman
Crown Publishers

Queen Bee Moms & Kingpin Dads: Dealing with the Parents, Teachers, Coaches, and Counselors Who Can Make – or Break – Your Child’s Future, by Rosalind Wiseman
Crown Publishers

Raising Boys: Why Boys are Different and How to Help Them Become Happy and Well-Balanced Men, by Steve Biddulph
Celestial Arts

Raising Cain: Protecting the Emotional Life of Boys, Daniel J. Kindlon, et al
Ballantine Books

Raising Confident Boys: 100 Tips for Parents and Teachers, by Elizabeth Hartley-Brewer
Perseus Publishing

Raising Confident Girls: 100 Tips for Parents and Teachers, by Elizabeth Hartley-Brewer
Perseus Publishing

Real Boys, by William Pollack
Henry Holt, Inc.

Reviving Ophelia: Saving the Selves of Adolescent Girls, by Mary Pipher, Ph.D.
Ballantine Books

The 7 Habits of Highly Effective Families, by Stephen R. Covey
Golden Books

Up from Underachievement , by Diane Heacox
Free Spirit Publishing

What Kids Need to Succeed: Proven, Practical Ways to Raise Good Kids, by Peter L. Benson, Ph.D., et al
Free Spirit Publishing

When We're in Public, Pretend You Don't Know Me: Surviving Your Daughter's Adolescence So You Don't Look Like an Idiot and She Still Talks to You, by Susan Borowitz

Warner Books

Your Adolescent: Emotional, Behavioral and Cognitive Development from Early Adolescence Through the Teen Years (What Every Parent Needs to Know: What's Normal, What's Not, and When to Seek Help), by The American Academy of Child & Adolescent Psychiatry/David B. Pruitt, M.D., Editor-in-Chief

HarperCollins Publishers

The 7 Best Things (smart) Teens Do, by John C. Friel, Ph.D. and Linda D. Friel, M.A.
Health Communications, Inc.

The 7 Habits of Highly Effective Teens, by Sean Covey
Simon & Schuster

The Working Parents' Handbook, by Katherine Murray
Active Parenting Publishers

Tough Turf: A Teen Survival Manual, by Bill Sanders
Power Books

Suggested Reading for Teens

Chicken Soup for the Teenage Soul, by Jack Canfield, et al
Health Communications, Inc.

Don't Sweat the Small Stuff for Teens, by Richard Carlson
Hyperion Press

Fighting Invisible Tigers: A Stress Management Guide for Teens, by Earl Hipp
Free Spirit Publishing

Help! My Teacher Hates Me, by Meg F. Schneider
Workman Publishing

Life Strategies for Teens, by Jay McGraw
Simon & Schuster

Organizing from the Inside Out for Teenagers, by Julie Morgenstern and Jessi Morgenstern-Colon
Owl Press

The 7 Best Things (smart) Teens Do, by John C. Friel, Ph.D. and Linda D. Friel, M.A.
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