BOOKS FOR TEENS

- ***I Don't Want to Talk About It – Overcoming the Secret Legacy of Male Depression*** **by Terrence Real. (1997).**
- ***Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, at School and Everywhere Else*** **by Christopher Willard, PsyD. (2014).**
- ***Recovering From Depression: A Workbook for Teens*** **by Mary Ellen Copeland and Stuart Copans. (2002).**
- ***The Anxiety and Phobia Workbook*** **by Edmund J. Bourne, PH.D. (2005).**
- ***The Feeling Good Handbook*** **by David D. Burns, MD. (1999).**
- ***The Grieving Teen-A Guide for Teenagers and Their Friends*** **by Helen Fitzgerald. (2000).**
- ***The Mindful Teen: Powerful Skills to Help You Handle Stress One Moment at a Time*** **by Dzung X. Vo, MD, FAAP. (2015).**
- ***The Self Esteem Workbook for Teens: Activities to Help you Build Confidence and Achieve Your Goals*** **by Lisa M. Schab, LCSW. (2013).**
- ***When A Friend Dies – A Book for Teens About Grieving and Healing*** **by Marilyn E. Gootman. (2005).**