Choices, Changes, and Chocolate!

Recommended Reading
Children’s Books

- **Wishing Wellness:** A workbook for children of parents with mental illness by Lisa Anne Clarke (2006) ages 6-12
- **What To Do When Your Grumble Too Much: A Kid’s Guide to Overcoming Negativity** by Dawn Huebner (2005) ages 6-12
- **What To Do When You Worry Too Much: A Kid’s Guide to Overcoming Anxiety** by Dawn Huebner (2005) ages 6-12
- **Mind Over Basketball: Coach Yourself to Handle Stress** by Jane Weierbach and Elizabeth Phillips-Hershey (2007) ages 8-12
- **Boy Who Didn’t Want to Be Sad** by Rob Goldblatt (2004) ages 4-8
- **Double Dip Feelings: Stories to Help Children Understand Emotions, second edition** by Barbara Cain (2001) ages 4-8
Books on Parenting

- Parenting That Works: Building Skills That Last a Lifetime by Edward R. Christophersen, Ph.D., ABPP and Susan L. Mortweet, Ph.D. (2002)
- Boys of Few Words by Adam J. Cox (2006)
Books on Depression

- *The Feeling Good Handbook* by David D. Burns, MD
- *I Don’t Want to Talk About It – Overcoming the Secret Legacy of Male Depression* by Terrence Real (1997)
- *If Your Adolescent Has Depression or Bipolar Disorder: An Essential Resource for Parents* by Dwight L. Evans, M.D. and Linda Wasmer Andrews (2005)
- *Living When A Young Friend Commits Suicide* by Earl A. Grollman and Max Malikow (1999)
- *Will’s Choice* by Gail Griffith (2005)
- *Unholy Ghost* – writers on depression edited by Nell Casey (2001)
Books On Stress

- Stressed-Out Girls: Helping Them Thrive in the Age of Pressure by Roni Cohen-Sandler
- Odd Girl Speaks Out: Girls Write About Bullies, Cliques, Popularity, and Jealousy by Rachel Simmons
Books on Anxiety

- If Your Adolescent Has an Anxiety Disorder: An Essential Resource for Parents (Adolescent Mental Health Initiative) by Edna B. Foa and Linda Wasmer Andrews (2006)
- Helping Your Anxious Child: A Step-By-Step Guide for Parents (Spence, Cobham, Wignal, Rapee)
- What to Do When You're Scared and Worried: A Guide for Kids (Crist, J.)
- What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety (What to Do Guides for Kids) by D. Huebner
- Freeing Your Child from Anxiety: Powerful, Practical Solutions to Overcome Your Child's Fears, Worries, and Phobias by Chansky