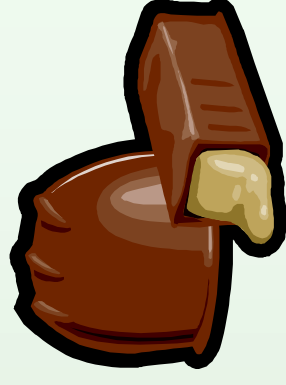


Choices, Changes, and Chocolate!

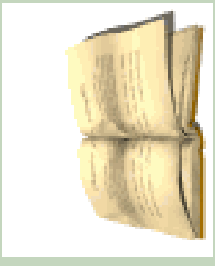


Recommended Reading



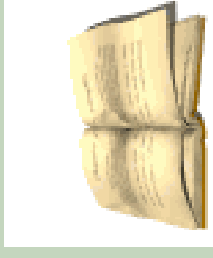
Swensrud
Depression Prevention
INITIATIVE

Children's Books



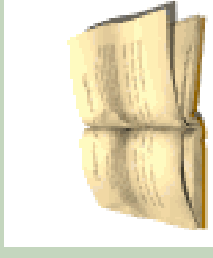
- Wishing Wellness: A workbook for children of parents with mental illness by Lisa Anne Clarke (2006) ages 6-12
- Why Are You So Sad? A Child's Book About Parental Depression by Beth Andrews (2002) ages 3-8
- What To Do When Your Grumble Too Much: A Kid's Guide to Overcoming Negativity by Dawn Huebner (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



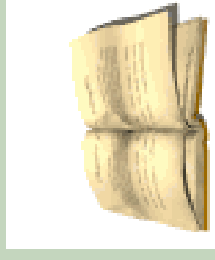
- Parenting That Works: Building Skills That Last a Lifetime by Edward R. Christophersen, Ph.D., ABPP and Susan L. Mortweet, Ph.D. (2002)
- Helping Your Troubled Teen by Cynthia S. Kaplan (2007)
- Boys of Few Words by Adam J. Cox (2006)
- Why Do They Act That Way? A Survival Guide to the Adolescent Brain for You and Your Teen by David Allen Walsh and Nat Bennett

Books on Depression



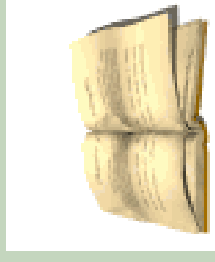
- Recovering From Depression: A Workbook for Teens by Copeland and Copans (2002)
- The Feeling Good Handbook by David D. Burns, MD
- I Don't Want to Talk About It – Overcoming the Secret Legacy of Male Depression by Terrence Real (1997)
- Adolescent Depression: A Guide for Parents By Francis Mark Mondimore (2002)
- Out of the Darkened Room: Protecting the Children and Strengthening the Family When a Parent Is Depressed by William R. Beardslee (2002)
- If Your Adolescent Has Depression or Bipolar Disorder: An Essential Resource for Parents by Dwight L. Evans, M.D. and Linda Wasmer Andrews (2005)
- The Grieving Teen - A Guide for Teenagers and Their Friends by Helen Fitzgerald (2000)
- Living When A Young Friend Commits Suicide by Earl A. Grollman and Max Malikow (1999)
- When A Friend Dies – A Book for Teens About Grieving and Healing by Marilyn E. Gootman (2005)
- Will's Choice by Gail Griffith (2005)
- Unholy Ghost – writers on depression edited by Nell Casey (2001)

Books On Stress



- The Pressured Child by Michael Thompson (2004)
- 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, Wignall, 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
- [The Anxiety Cure for Kids: A Guide for Parents](#) by Dupont Spencer, E., Dupont, R.L., & Dupont, C.M.
- [Freeing Your Child from Anxiety: Powerful, Practical Solutions to Overcome Your Child's Fears, Worries, and Phobias](#) by Chansky