

# Prescription to Read

## BOOK & Audiobook LIST

### Fear & Anger

- *Overcoming Anger and Irritability* by William Davies
- *Mind Over Mood: change how you feel by changing how you think* by Dennis Greenberger
- *The Worry Cure: seven steps to stop worrying from stopping you* by Robert L. Leahy
- Audiobook: *The Worry Cure: seven steps to stop worrying from stopping you* by Robert L. Leahy
- *Feel the Fear...Do It Anyway* by Susan J. Jeffers
- *Can Quilliam Learn to Control His Temper* by Missy Black (Juvenile Collection)
- *Anger Management for Kids* by Samantha Snowden (Juvenile Collection)

### Anxiety, Depression & Worry

- *Mind Over Mood: change how you feel by changing how you think* by Dennis Greenberger
- *The Worry Cure: seven steps to stop worrying from stopping you* by Robert L. Leahy
- Audiobook: *The Worry Cure: seven steps to stop worrying from stopping you* by Robert L. Leahy
- *Overcoming Panic Disorder* by Elke Zuercher-White
- *Overcoming Teenage Low Mood and Depression* by Nicky Dummett
- *How to Stop Worrying* by Frank Tallis
- *An Introduction to Coping with health Anxiety* by Brenda Hogan
- *Pilar's Worries* by Victoria M. Sanchez (Juvenile Collection)
- *Retrain Your Brain* by Seth Gillihan
- *OCDaniel* by Wesley King (Juvenile Collection)
- *What to do When You Worry Too Much* by Dawn Huebner (Juvenile Collection)
- *Anxiety Relief for Teens* by Regine Galanti, PhD.
- *Don't Feed the WorryBug* by Andi Green (Juvenile Collection)
- *Breathe Like a Bear* by Kira Willey (Adult & Juvenile Collection)

### Behavior

- *There's No Such Thing as a Bad Kid* by Thaddeus Bullard (Juvenile Collection)
- *Armond Goes to a Party: a book about Asperger's and friendship* by Nancy L. Carlson (Juvenile Collection)
- *Cognitive Behavioral Therapy Made Simple* by Seth Gilligan
- *Am I a Bully?* By Hope Gilchrist (Juvenile Collection)
- *Chrysanthemum* by Kevin Henkes (Juvenile Collection)
- *Warp Speed* by Lisa Yee (Juvenile Collection)
- *A Parent's Guide to Electronic Addiction* by Jay Berk, PhD.
- *We Belong Together* by Todd Parr
- *A Frenzy of Feelings* by Nicole Diurksen

## Chronic Disorders

- *Overcoming Chronic Fatigue* by Mary Burgess
- *Overcoming Chronic Pain* by Frances Cole
- Audiobook: *Dissolving Pain: Simple Brain Training Exercises* by Les Fehmi
- *Chronic Fatigue Syndrome* by Frankie Campling

## Divorce & Loss

- *How Sprinkle the Pig Escaped the River of Tears* by Anne Westcott
- *My Family Divided* by Diane Guerrero (Juvenile Collection)
- *Elelyn Del Rey is Moving Away* by Meg Medina (Juvenile Collection)
- *Dinosaur's Divorce* by Marc Brown (Juvenile Collection)
- *I Miss You: a first look at death* by Pat Thomas (Juvenile Collection)
- *The Invisible String* by Patrice Karst (Juvenile Collection)

## Eating Disorders

- *Overcoming Binge Eating* by Christopher G. Fairburn
- *Overcoming Bulimia Nervosa and Binge Eating* by Peter J. Cooper
- *Getting Better Bite by Bite* by Ulrike Schmidt

## Memory Loss/Dementia/Alzheimer's

- Audiobook: *Keeping Love Alive as Memories Fade* by Deborah Barr
- *The Alzheimer Project* by John Hoffman
- *An Alzheimer's Guide: activities and issues for people who care* by Pat Nekola
- *Measure of the Heart: a father's Alzheimer's, a daughter's return* by Mary Ellen Geist
- *The End of Alzheimer's Program* by Dale Bredesen

## Social Issues

- *Overcoming Relationship Problems* by Michael Crowe
- *Loretta Little Looks Back* by Andrea Pinkney (Juvenile Collection)
- *No Voice Too Small: Fourteen Young Americans Making History* (Juvenile Collection)
- *The Bad Seed Presents: the good, the bad, and the spooky* by Jory John (Juvenile Collection)
- *I Said No: a kid's guide to keeping privates parts private* by Kimberly King (Juvenile Collection)
- *Tease Monster: a book about teasing vs. bullying* by Julia Cook (Juvenile Collection)
- *Tough Guys Have Feeling Too* by Keith Negley (Juvenile Collection)
- *Finding Perfect* by Elly Swartz (Juvenile Collection)
- *Somebody Cares: a guide for kids who have experienced neglect* by Susan Straus, PhD. (Juvenile Collection)
- *The Body Keeps the Score* by Bessel Van Der Kolk

## Wellness

- *The Whole Brain Child* by Daniel J. Siegel
- *All because You Matter* by Tami Charles (Juvenile Collection)

- *I Am Every Good Thing* by Derrick D. Barnes (Juvenile Collection)
- *What I Like About Me!* By Allia Zobel-Nolan (Juvenile Collection)
- *Self-love Workbook for Women* by Megan Logan
- *Set Boundaries, Find Peace* by Nedra Glover
- *Greater Than the Sum of Our Parts* by Richard C. Schwartz, PhD.
- *Light On Yoga* by Bks Iyengar
- *Yoga Sutras of Pantanjali* by Sri Swami Satchidananda
- *Bhagavad Gita* by Bhaktivedanta Swami Peabhupada
- *No Drama (Parenting)* by Daniel Seigel