



## Reading List: Parenting

1. **1-2-3 Magic: Effective Discipline for Children 2-12** by Thomas Phelan
2. **How to Talk so Kids Will Listen and Listen so Kids will Talk** by Adele Faber and Elaine Mazlish
3. **Raising an Emotionally Intelligent Child** by John Gottman, Joan DeClaire and Daniel Goleman
4. **Raising Resilient Children: Fostering Faith, Hope and Optimism in Your Child** by Robert Brooks and Sam Goldstein
5. **Raising Your Spirited Child: A Guide for Parents Whose Child is More Intense, Sensitive, Perceptive, Persistent and Energetic** by Mary Kurcinka
6. **Raising a Thinking Child: How to Help Your Young Child to Resolve Everyday Conflicts and Get Along Better with Others** by Myrna Shure and Teresa Foy Geronimo
7. **Reviving Ophelia: Saving the Selves of Adolescent Girls** by Mary Pipher and Ruth Ross
8. **The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children** by Ross Greene
9. **The Optimistic Child: A Proven Program to Help Safeguard Children Against Depression and Build Lifelong Resilience** by Martin Seligman
10. **The Out-of-Sync Child: Recognizing and Coping with Sensory Processing Disorder** by Carol Stock Kranowitz
11. **The Seven Habits of Highly Effective Families** by Stephen Covey