



The Federation of Families  
for Children's Mental Health

Colorado Chapter

## Summary for Featured Books

<p><b><u><a href="#">The Bipolar Child</a></u></b> by Demitri F. Papolos, M.D. &amp; Janice Papolos</p>	<p>For any caregiver experiencing life with a bipolar child this is a must read. The material is presented clearly, with lots of helpful charts and lists to aid in receiving proper diagnosis, treatment, and long-term care.</p>
<p><b><u><a href="#">The Explosive Child</a></u></b> by Ross W. Greene, Ph.D. (HarperCollins, 1998)</p>	<p>This book is absolutely essential reading for any family coping with a child who is irritable, inflexible, and explosive.</p>
<p><b><u><a href="#">Bipolar Disorder: Insights for Recovery</a></u></b> by <u>Jane, MD Mountain</u></p>	<p>This local author has faced the challenges of bipolar disorder herself and chose to give up her practice, cut down on her daily activities and pursue recovery. In doing so, she became interested not only in her own recovery but in helping others who have bipolar disorder. For more information on Dr. Jane Mountain go to <a href="http://www.beyondbipolar.com">www.beyondbipolar.com</a>.</p>
<p><b><u><a href="#">Learning Outside The Lines</a></u></b> by <u>Jonathan Mooney</u>, <u>David Cole</u></p>	<p>Learning Outside the Lines is written by two such "academic failures" -- that is, two academic failures who graduated from Brown University at the top of their class. Jonathan Mooney and David Cole teach you how to take control of your education and find true success -- and they offer all the reasons why you should persevere. Witty, bold, and disarmingly honest, Learning Outside the Lines takes you on a journey toward personal empowerment and profound educational change, proving once again that rules sometimes need to be broken.</p>
<p><b><u><a href="#">The Bipolar Disorder Survival Guide: What You and Your Family Need to Know</a></u></b> by David J. Miklowitz</p>	<p>While emphasizing the many positive qualities of children who suffer with bipolar disorder, the author tackles the many difficult decisions parents must face, and helps parents understand the child's behaviors and feelings so that they can intercede appropriately.</p>
<p><b><u><a href="#">Autism/Aspergers: Solving the Relationship Puzzle</a></u></b> by Steven E. Gutstein</p>	<p>A Groundbreaking Developmental Program that Opens the Door to Lifelong Social &amp; Emotional Growth for Persons with Autism, Aspergers Syndrome &amp; PDD"</p>

<p><b><u>The Ideal Classroom Setting for the Selectively Mute Child</u></b> by Elisa Shipon-Blum</p>	<p>Parents, teacher and therapists are consistently asking for advice on how to help SM children in the classroom. This book goes into detail as to tactics that can be used in the school to benefit and accommodate the needs of SM children</p>
<p><b><u>Understanding Katie</u></b> by Elisa Shipon-Blum</p>	<p>Hands-on storybook written especially for children between the ages of 3-12 years of age who suffer from Selective Mutism and/or social phobia.</p>
<p><b><u>Wrightslaw: From Emotions to Advocacy - The Special Education Survival Guide</u></b> by Peter W. D. Wright</p>	<p>In From Emotions to Advocacy, Pete and Pam Wright provide a clear roadmap to effective advocacy for children with disabilities.</p>
<p><b><u>Matt the Moody Hermit Crab</u></b> by Caroline C. McGee (McGee &amp; Woods, Inc. 2002)  For Children 8-12 Years of Age  <b><u>Matt the Moody Hermit Crab Guidebook for Parents and Teachers</u></b> by Caroline C. McGee</p>	<p><b>Matt The Moody Hermit Crab by Caroline C. McGee (McGee &amp; Woods, Inc. 2002)</b></p> <p>This is the first novel-length book for children which deals with bipolar disorder. The reader gets to see Matt become quite ill and see his relationships deteriorate with his parents and siblings and classmates. After proper diagnosis and treatment, Matt gets well and, with the help of his doctor, his parents, and a wonderful teacher, he rejoins his class in school.</p> <p>This book will not only help children with bipolar disorder feel less alone and confused, but mothers will identify strongly with Matt's mother's confusion and anxiety, and siblings will understand their anger and upset better. We have heard that this book is also quite useful in the classroom and there is a teacher's guide available. (Ages 8 to 12)</p> <p>To order: Direct order from <a href="http://www.mcgees1st.com">http://www.mcgees1st.com</a>. Enter the name "mcgee" and click on the radio button for search by author. This will bring up "Matt" and the order can be completed from there.</p>
<p><b><u>Brandon and the Bipolar Bear: A Story for Children with Bipolar Disorder</u></b> by Tracy Anglada.  For Children 4-11 Years of Age</p>	<p><b>Brandon and the Bipolar Bear: A Story for Children with Bipolar Disorder by Tracy Anglada.</b></p> <p>This is the first fictional story available for children about early-onset bipolar disorder. In 32 simply illustrated pages children will follow (and relate to) Brandon's experience with rapid mood swings, irritability, his sense of always being uncomfortable, and his sadness that he can't control himself and that no one can fix him. The comforting explanation of bipolar disorder that Dr. Samuel gives him makes Brandon feel not alone, not bad, but hopeful that the medicines will make him (and his Bipolar Bear) feel better.</p>

We were so moved by the power of this little book and we feel better that we now can highly recommend a book for children ages 4 through 11.

Available only through [www.bipolar-children.bigstep.com](http://www.bipolar-children.bigstep.com)

## ADD/ADHD

[Healing ADD: The Breakthrough Program That Allows You to See and Heal the 6 Types of ADD](#)

Daniel G. Amen

[Driven To Distraction : Recognizing and Coping with Attention Deficit Disorder from Childhood Through Adulthood](#)

Edward M. Hallowell

[RIGHT-BRAINED CHILDREN IN A LEFT-BRAINED WORLD: UNLOCKING THE POTENTIAL OF YOUR ADD CHILD](#)

Jeffrey Freed

[Socially ADDept: A Manual for Parents of Children with ADHD and/or Learning Disabilities](#)

Janet Z. Giler

[ADD-Friendly Ways to Organize Your Life](#)

Judith Kolberg

[Putting on the Brakes: Young People's Guide to Understanding Attention Deficit Hyperactivity Disorder](#)

Patricia O. Quinn

[Attention-Deficit Hyperactivity Disorder: A Handbook for Diagnosis and Treatment, Second Edition](#)

Barkley, Russell A.

[ADHD and the Nature of Self-Control](#)

[Defiant Children, Second Edition: A Clinician's Manual for Assessment and Parent Training](#)

[Taking Charge of ADHD, Revised Edition: The Complete, Authoritative Guide for Parents](#)

Barkley, Russell A.

[Maybe You Know My Kid: A Parent's Guide to Identifying, Understanding, and Helping Your Child With Attention Deficit Hyperactivity Disorder](#)

Fowler, Mary Cahill:

[Hyperactivity : Why Won't My Child Pay Attention?](#)

Goldstein, Sam

<a href="#"><u>Attention Deficit Disorder : A Different Perception</u></a>	
<a href="#"><u>Beyond Add: Hunting for Reasons in the Past &amp; Present</u></a>	
<a href="#"><u>Healing ADD : Simple Exercises That Will Change Your Daily Life</u></a>	
<a href="#"><u>Think Fast!: The Add Experience</u></a>	
<a href="#"><u>Add Success Stories: A Guide to Fulfillment for Families With Attention Deficit-Disorder: Maps, Guidebooks, and Travelogues for Hunters in This Farmer's World</u></a>	
Hartmann, Thom	
<a href="#"><u>Daredevils and Daydreamers: New Perspectives on Attention-Deficit/Hyperactivity Disorder</u></a>	
Ingersoll, Barbara	
<a href="#"><u>Out of the Fog: Treatment Op- Tions and Strategies for Adult Attention Deficit Disor</u></a>	
Murphy, K., & Levert, S	
<a href="#"><u>Survival Guide for College Students With Add or Ld</u></a>	
Nadeau, K.G	
<a href="#"><u>The ADD/ADHD Checklist</u></a>	
Reif, Sandra	
<a href="#"><u>The A.D.D. Hyperactivity Workbook for Parents, Teachers, and Kid</u></a>	
<a href="#"><u>The Add Hyperactivity Handbook for Schools: Effective Strategies for Identifying and Teaching Add Students in Elementary and Secondary Schools</u></a>	
Parker, Harvey C	
<a href="#"><u>When You Worry About the Child You Love: Emotional and Learning Problems in Children</u></a>	
Hallowell, E	
Books for Kids with ADHD Ages 4-8	<ol style="list-style-type: none"> <li>1. A Boy and a Bear - The Children's Relaxation Book by Lori Lite</li> <li>2. Eukee the Jumpy Elephant (fiction) by Clifford L Corman</li> <li>3. <a href="#"><u>Otto Learns about His Medicine: A Story about Medication for Children with ADHD</u></a>: A Story About Medicine for Children with ADHD by Sandra Ferraro</li> <li>4. <a href="#"><u>Shelley, the Hyperactive Turtle (Special Needs Collection)</u></a> by Deborah M. Moss, &amp; Carol Schwartz</li> <li>5. Sparky's Excellent Misadventures: My A.D.D. Journal by Phyllis Carpenter, Marti Ford, Peter Horjus</li> </ol>

	<ol style="list-style-type: none"> <li>6. <a href="#">Help is on the Way : A child's book about ADD</a>: A Child's Book about ADD by Marc A. Nemiroff, Marc Neminoff, Jane Annunziata, Margaret Scott</li> <li>7. <a href="#">The ADDED Touch</a> by Robyn Watson</li> <li>8. <a href="#">Eagle Eyes: A Child's Guide to Paying Attention</a>   by Gehret, Jeanne</li> </ol>
<p>Books for Kids with ADHD Ages 6-10</p>	<ol style="list-style-type: none"> <li>1. <a href="#">Joey Pigza Swallowed the Key</a> (fiction) by Jack Gantos</li> <li>2. <a href="#">Jumpin' Jake Settles Down</a> (workbook) by Lawrence E. Shapiro, Ph.D.</li> <li>3. <a href="#">Jumpin' Johnny Get Back to Work! : A Child's Guide to ADHD/Hyperactivity</a>: A Child's Guide to ADHD/Hyperactivity by Michael Gordon, Ph.D.</li> <li>4. <a href="#">Learning to Slow Down and Pay Attention</a> by Kathleen G. Nadeau, Ellen B. Dixon, &amp; John Rose (Illustrator)</li> <li>5. <a href="#">Taking A.D.D. to School: A School Story About Attention Deficit Disorder And/or Attention Deficit Hyperactivity Disorder (Special Kids in School)</a> by Ellen Weiner, Kim Gasselin (Editor), &amp; Terry Ravanelli (Illustrator)</li> </ol>
<p>Books for Kids with ADHD Ages 8-13</p>	<ol style="list-style-type: none"> <li>1. <a href="#">Eagle Eyes: A Child's Guide to Paying Attention</a> by Jeanne M A Gerhet</li> <li>2. <a href="#">Pay Attention, Slosh</a> (fiction) by Mark Smith &amp; Gail Piazza</li> <li>3. <a href="#">Putting on the Brakes: A Young People's Guide to Understanding Attention Deficit Hyperactivity Disorder</a> by Patricia O. Quinn, MD &amp; Judith M. Stern, M.A.</li> <li>4. <a href="#">The Best of Brakes: An Activity Book For Kids with ADD</a>: An Activity Book (workbook) by Patricia O. Quinn, MD &amp; Judith M. Stern, M.A.</li> <li>5. <a href="#">Sometimes I Drive My Mom Crazy, but I Know She's Crazy About Me: A Self-Esteem Book for Overactive and Impulsive Children (Self-Esteem Ser)</a> (fiction) by Lawrence E. Shapiro, Ph.D.</li> <li>6. <a href="#">The Don'T-Give-Up Kid and Learning Differences</a> by Jeanne M A Gerhet &amp; Susan Covert</li> <li>7. <a href="#">Joey Pigza Loses Control</a> by Jack Gantos</li> <li>8. <a href="#">The "The "Putting on the Brakes" Activity Book for Young People With Adhd</a> for Young People with ADHD by Patricia O. Quinn,</li> </ol>

	<p>Nell Russell (Illustrator), Judith Stern (Contributor)</p> <p>9. Eagle Eyes: A Child's Guide to Paying Attention by Jeanne M. A. Gehret &amp; Susan Covert</p> <p>10. <a href="#">Zipper: The Kid With Adhd</a> by Caroline Janover, Rick Powell (Illustrator), Richard J. Powell (Illustrator)</p> <p>11. <a href="#">The Best of Brakes: An Activity Book For Kids with ADD</a> Patricia O. Quinn (Editor), Judith M. Stern (Editor), Kate Sternberg</p>
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## Alternative Treatments and Therapies

<p><a href="#">Too Good to be True? Nutrients Quiet the Unquiet Brain: A Four Generation Bipolar Odyssey</a></p> <p>David Moyer;Paperback</p>
<p><a href="#">ADHD: A Path to Success: A Revolutionary Theory and New Innovation in Drug-Free Therapy</a></p> <p>Lawrence Weathers</p>
<p><a href="#">The Omega-3 Connection</a>, by Andrew L. Stoll, M.D. (Simon and Schuster, 20001)</p>
<p><a href="#">Natural Healing for Schizophrenia: And Other Common Mental Disorders</a></p> <p>Eva Edelman</p>
<p><a href="#">Heal Your Body: The Mental Causes for Physical Illness and the Metaphysical Way to Overcome Them/102A</a></p> <p>Louise L. Hay</p>
<p><a href="#">EMDR : The Breakthrough Therapy for Overcoming Anxiety, Stress, and Trauma</a></p> <p>Francine Shapiro</p>
<p><a href="#">Grendel and His Mother: Healing the Traumas of Childhood Through Dreams, Imagery and Hypnosis (Imagery and Human Development Series)</a></p> <p>Nicholas E. Brink</p>
<p><a href="#">Anxiety and Depression: A Natural Approach</a></p> <p>Shirley Trickett</p>
<p><a href="#">Healing Anxiety Naturally</a></p> <p>Harold Bloomfield</p>
<p><a href="#">Natural Medicine Guide to Anxiety</a></p> <p>Stephanie Marohn</p>

## Anxiety Disorders

[The Ideal Classroom Setting for the Selectively Mute Child](#)

Elisa Shipon-Blum

[Your Anxious Child: Raising a Healthy Child in a Frightening World](#)

Mary Ann Shaw

[Anxiety Disorders in Children and Adolescents](#)

John S. March

[The Anxiety Cure for Kids : A Guide for Parents](#)

Elizabeth DuPont Spencer

[Growing Up With Anxiety Disorder](#)

Mark Arthur Pagel

[Diagonally-Parked in a Parallel Universe : Working Through Social Anxiety](#)

Signe A. Dayhoff

[Pass Through Panic: Freeing Yourself from Anxiety and Fear](#)

Claire Weekes

[Change Your Brain, Change Your Life: The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Anger, and Impulsiveness](#)

Daniel G. Amen

[Your Anxious Child: How Parents and Teachers Can Relieve Anxiety in Children](#)

John S. Dacey

[Triumph Over Shyness: Conquering Shyness & Social Anxiety](#)

Murray B. Stein

[Triumph over Fear: A Book of Help and Hope for People With Anxiety, Panic Attacks, and Phobias](#)

Jerilyn Ross

[Conquering Panic and Anxiety Disorders: Success Stories, Strategies, and Other Good News](#)

Jenna Glatzer

[The Monster in the Cave: How to Face Your Fear and Anxiety and Live Your Life](#)

David Mellinger

[The Worry Workbook : Twelve Steps to Anxiety-Free Living](#)

Les Carter

[Generalized Anxiety Disorder: diagnosis, treatment and its relationship to other anxiety disorders - pocketbook](#)

David Nutt

[Panic Disorder and Anxiety in Adolescence](#)

Sara Golden Mattis

[Anxiety Disorders in African Americans](#)

Steven Friedman

[Fears, Phobias, and Rituals: Panic, Anxiety, and Their Disorders](#)

Isaac Meyer Marks



**NEW** [A Layman's Guide to Managing Fear: Using Psychology, Christianity, and Non-Resistant Methods](#)

[Stanley Popvich](#)

You can also get details on the book at <http://www.trebleheartbooks.com/mvStanPopovich.html>

[The Out-of Sync Child: Recognizing and Coping with Sensory Integration Dysfunction](#), by Carol Stock Kranowitz, M.A. Perigree Books, 1998).

[Understanding Katie](#)

by Elisa Shipon-Blum

*Autism, PDD and Asperger's Syndrome*

[Autism/Aspergers: Solving the Relationship Puzzle](#)

by Steven E. Gutstein

[The Boy Who Loved Windows: Opening the Heart and Mind of a Child Threatened With Autism](#)

Patricia Stacey

[Autism/Aspergers: Solving the Relationship Puzzle](#)

Steven E. Gutstein

[Asperger's: What Does It Mean to Me?](#)

Catherine Faherty

**Autism: Teaching Does Make a Difference**

Brenda Scheuermann

**Visual Strategies for Improving Communication : Practical Supports for School & Home**

Linda A. Hodgdon

**Navigating the Social World: A Curriculum for Individuals with Asperger's Syndrome, High Functioning Autism and Related Disorders**

Jeannie McAfee

**A Treasure Chest of Behavioral Strategies for Individuals With Autism**

Beth Fouse

**Behavioral Intervention for Young Children With Autism: A Manual for Parents and Professionals**

Catherine Maurice

**Autistic Spectrum Disorders: Understanding the Diagnosis and Getting Help**

Mitzi Waltz

**Unraveling the Mystery of Autism and Pervasive Developmental Disorder: A Mother's Story of Research and Recovery**

Karyn Seroussi

**Teaching Children with Autism: Strategies to Enhance Communication and Socialization**

Kathleen Ann Quill

**Toilet Training for Individuals with Autism and Related Disorders**

Maria Wheeler

**My Friend with Autism: A Coloring Book for Peers and Siblings**

Beverly Bishop

**Beyond the Wall: Personal Experiences with Autism and Asperger Syndrome, Second Edition**

Stephen Shore

**Solving Behavior Problems in Autism**

Linda A. Hodgdon

**Helping Children With Autism Learn: A Guide to Treatment Approaches for Parents and Professionals**

Bryna Siegel

**My Social Stories Book**

Carol Gray

**Biological Treatments for Autism and PDD**

William, Ph.D. Shaw
<a href="#"><u>Asperger's Syndrome: A Guide for Parents and Professionals</u></a>
Tony Attwood
<a href="#"><u>Relationship Development Intervention with Young Children: Social and Emotional Development Activities for Asperger Syndrome, Autism, PDD and NLD</u></a>
Steven E. Gutstein <a href="#"><u>Everybody Is Different: A Book for Young People Who Have Brothers or Sisters With Autism</u></a>
Fiona Bleach
<a href="#"><u>Educating Children With Autism</u></a>
National Research Council
<a href="#"><u>Freaks, Geeks and Asperger Syndrome: A User Guide to Adolescence</u></a>
Luke Jackson

## Bipolar Disorder

<a href="#"><u>The Bipolar Child</u></a>
by Demitri F. Papolos, M.D. & Janice Papolos
*****For any caregiver experiencing life with a bipolar child this is a must read. The material is presented clearly, with lots of helpful charts and lists to aid in receiving proper diagnosis, treatment, and long-term care.
<a href="#"><u>The Explosive Child</u></a>
by Ross W. Greene, Ph.D. (HarperCollins, 1998)
<a href="#"><u>Bipolar Disorder: Insights for Recovery</u></a>
by <a href="#"><u>Jane, MD Mountain</u></a>
<a href="#"><u>The Bipolar Disorder Survival Guide: What You and Your Family Need to Know</u></a>
by David J. Miklowitz
<a href="#"><u>Mood and Anxiety Disorders in Children and Adolescent: a psychopharmacological approach</u></a>
David Nutt
<a href="#"><u>New Hope for People With Bipolar Disorder</u></a> by Jan Fawcett;Paperback
<a href="#"><u>Bipolar Disorder: A Guide for Patients and Families</u></a> by Francis Mark Mondimore M.D.;Paperback
<a href="#"><u>Win the Battle: The 3-Step Lifesaving Formula to Conquer Depression and Bipolar Disorder</u></a> , by Bob Olson (Chandler House Press, 1999.)

<a href="#"><u>Bipolar Disorders: A Guide to Helping Children and Adolescents</u></a> by Mitzi Waltz (O'Reilly, 2000)
<a href="#"><u>Survival Strategies for Parenting Children with Bipolar Disorder</u></a> by George T. Lynn (Jessica Kingsley Publishers, 2000)
<a href="#"><u>Detour: My Bipolar Road Trip in 4-D</u></a> by Lizzie Simon (Atria Books,2002)
<a href="#"><u>His Bright Light</u></a> , by Danielle Steel (Delacorte, 1998)
<a href="#"><u>The Life of a Bipolar Child</u></a> , by Trudy Carlson (Benline Press, 1995) (formerly The Suicide of My Son)
<a href="#"><u>TOUCHED WITH FIRE: Manic Depressive Illness and the Artistic Temperament</u></a> Kay Redfield Jamison
<a href="#"><u>An Unquiet Mind</u></a> Kay Redfield Jamison
<a href="#"><u>Anxiety Disorders Comorbid with Depression - Volume 2: Social Phobia, Generalized Anxiety Disorder, Obsessive Compulsive Disorder and Post Traumatic Stress Disorder - Pocketbook</u></a> Dan J. Stein
<a href="#"><u>Surviving Manic-Depression</u></a> by E. Fuller Torrey and Michael B. Knable (Basic Books, 2002)
<a href="#"><u>Matt the Moody Hermit Crab</u></a> by Caroline C. McGee (McGee & Woods, Inc. 2002)  For Children 8-12 Years of Age
<a href="#"><u>Matt the Moody Hermit Crab Guidebook for Parents and Teachers</u></a> by Caroline C.McGee
<a href="#"><u>Brandon and the Bipolar Bear: A Story for Children with Bipolar Disorder</u></a> by Tracy Anglada.  For Children 4-11 Years of Age

## Depression

<a href="#"><u>"Help Me, I'm Sad": Recognizing, Treating, and Preventing Childhood and Adolescent Depression</u></a> David G. Fassler
<a href="#"><u>More Than Moody: Recognizing and Treating Adolescent Depression</u></a>

Harold S. Koplewicz

[The Depressed Child: A Parent's Guide for Rescuing Kids](#)

Douglas A., Dr. Riley

[Overcoming Depression](#), by Demitri and Janice Papolos Third Edition (HarperCollins, 1997)

[When Nothing Matters Anymore: A Survival Guide for Depressed Teens](#)

Bev Cobain

[Ups & Downs: How to Beat the Blues and Teen Depression \(Plugged in\)](#)

Susan Klebanoff

[A Parent's Guide for Suicidal and Depressed Teens: Help for Recognizing If a Child Is in Crisis and What to Do About It](#)

Kate Williams

[Teens, Depression, and the Blues: A Hot Issue \(Hot Issues\)](#)

Kathleen Winkler

[Teen Suicide \(At Issue \(Paper\)\)](#)

Tamara L. Roleff

[No One Saw My Pain: Why Teens Kill Themselves](#)

Lili Frank Garfinkel

[Teens & Depression \(Other America\)](#)

Theodore E. Roseen

[Prozac Nation: Young and Depressed in America: A Memoir](#)

Elizabeth Wurtzel

[The Noonday Demon: An Atlas of Depression](#)

Andrew Solomon

[Beyond the Blues: A Guide to Understanding and Treating Prenatal and Postpartum Depression](#)

Shoshana S. Bennett

[Body Blues: Weight and Depression \(Teen Health Library of Eating Disorder Prevention\)](#)

Laura Weeldreyer

[Clinical Guide to Depression in Children and Adolescents](#)

Mohammad Shafii

## For Siblings, Friends and Family Members

[Autism through a Sister's Eyes](#)

Eve B. Band

[Everybody Is Different: A Book for Young People Who Have Brothers or Sisters With Autism](#)

Fiona Bleach

[My Friend with Autism: A Coloring Book for Peers and Siblings](#)

Beverly Bishop

[Autism through a Sister's Eyes](#)

Eve B. Band

[Everybody Is Different: A Book for Young People Who Have Brothers or Sisters With Autism](#)

Fiona Bleach

[When Madness Comes Home: Help & Hope for Families of the Mentally Ill](#) , by Victoria Secunda (Hyperion, 1998).

## Learning Disabilities

[Learning Outside The Lines](#)

by [Jonathan Mooney](#), [David Cole](#)

\*\*\*\*\*Learning Outside the Lines is written by two such "academic failures" -- that is, two academic failures who graduated from Brown University at the top of their class. Jonathan Mooney and David Cole teach you how to take control of your education and find true success -- and they offer all the reasons why you should persevere. Witty, bold, and disarmingly honest, Learning Outside the Lines takes you on a journey toward personal empowerment and profound educational change, proving once again that rules sometimes need to be broken.

[The Survival Guide for Teenagers With Ld\\* \(\\*Learning Differences\)](#)

Rhoda Woods Cummings

[Different Brains, Different Learners: How to Reach the Hard to Reach](#)

Eric Jensen

[The Myth of Laziness](#)

Mel Levine

[Manic Depression and Creativity](#), by D. Jablow Hershman and Julian Lieb (Prometheus Books, 1998).

[Reading David: A Mother and Son's Journey Through the Labyrinth of Dyslexia](#)

Lissa, Ph.D

[Wrightslaw: From Emotions to Advocacy - The Special Education Survival Guide](#)

by Peter W. D. Wright

## Obsessive Compulsive Disorder (OCD)

[Kids & OCD](#)

Constance H. Foster

[...nine, ten do it again. A Guide to Obsessive Compulsive Disorder. For people with OCD & their families](#)

Kathryn I'Anson

[The Ocd Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder](#)

Bruce M. Hyman Ph.D

[Freeing Your Child from Obsessive-Compulsive Disorder: A Powerful, Practical Program for Parents of Children and Adolescents](#)

Tamar E. Chansky Ph.D

[OCD in Children and Adolescents: A Cognitive-Behavioral Treatment Manual](#)

John S. March

[Helping Your Child With Ocd: A Workbook for Parents of Children With Obsessive-Compulsive Disorder](#)

Lee, Ph.D. Fitzgibbons

[Ocd and Other Gods](#)

Christian R. Komor

[Cognitive-Behavioral Therapy for OCD](#)

David A. Clark

[Obsessive Compulsive Disorder: Practical Tried-and-tested Strategies to Overcome OCD \(Class Health\)](#)

Frederick Toates

[Obsessive-Compulsive Disorder \(OCD\): Manifestation, Theory, and Treatment \(Psychoanalytic Inquiry\)](#)

R. Curtis Bristol MD

**What to Do When Your Child Has Obsessive-Compulsive Disorder: Strategies and Solutions**

Aureen Pinto

**Personality Disorders**

**Stop Walking on Eggshells; Coping When Someone You Care about Has Borderline Personality Disorder**

Paul T. Mason

**I Hate You, Don't Leave Me**

Jerold J. Kreisman (Author), Hal Straus (Author)

**Sometimes I Act Crazy**

Jerold J. Kreisman (Author), Hal Straus (Author)

**Search For The Real Self : Unmasking The Personality Disorders Of Our Age**

James F. Masterson

**Lost in the Mirror: An Inside Look at Borderline Personality Disorder**

Richard A. Moskowitz M.D

**Personality Puzzle**

Florence Littauer

**Disorders of Personality: DSM-IV and Beyond, 2nd Edition**

Theodore Millon

**Handbook of Diagnosis and Treatment of DSM-IV Personality Disorders: Revised Edition**

Len, Md. Sperry

**Severe Personality Disorders: Psychotherapeutic Strategies**

Otto F. Kernberg

**Personality Disorders in Modern Life**

Theodore Millon

**The Personality Disorders : A New Look at the Developmental Self and Object Relations Approach: Theory - Diagnosis - Treatment**

James F. Masterson

## Post Traumatic Stress Disorder

<a href="#"><u>PTSD in Children and Adolescents</u></a>
Spencer Eth
<a href="#"><u>Waking the Tiger : Healing Trauma : The Innate Capacity to Transform Overwhelming Experiences</u></a>
Peter A. Levine
<a href="#"><u>Rebuilding Shattered Lives : The Responsible Treatment of Complex Post-Traumatic and Dissociative Disorders</u></a>
James A. Chu
<a href="#"><u>Brief Therapy for Post-Traumatic Stress Disorder : Traumatic Incident Reduction and Related Techniques</u></a>
Stephen Bisbey
<a href="#"><u>Clinician's Manual for the Cognitive-Behavioral Treatment of Post Traumatic Stress Disorder and the other Anxiety Disorders (2nd Edition)</u></a>
Larry D. Smyth
<a href="#"><u>Embracing the Fear: Learning to Manage Anxiety and Panic Attacks</u></a>
Judith Bemis

## RAD and Attachment Disorders

<a href="#"><u>When Love is Not Enough : A Guide to Parenting Children with RAD - Reactive Attachment Disorder</u></a>
Nancy L. Thomas
<a href="#"><u>Attachment, Trauma, and Healing: Understanding and Treating Attachment Disorder in Children and Families</u></a>
Terry M. Levy
<a href="#"><u>Traumatic Relationships and Serious Mental Disorders</u></a>
Jon G. Allen
<a href="#"><u>Attaching in Adoption: Practical Tools for Today's Parents</u></a>
Deborah D. Gray
<a href="#"><u>The Attachment Parenting Book : A Commonsense Guide to Understanding and Nurturing Your Baby</u></a>
William and Martha Sears

[Attaching in Adoption: Practical Tools for Today's Parents](#)

Deborah D. Gray

[Healing Trauma: Attachment, Mind, Body, and Brain](#)

Marion Fried Solomon

[Fostering Changes: Treating Attachment-Disordered Foster Children](#)

Richard J. Delaney

[Broken Spirits Lost Souls: Loving Children With Attachment and Bonding Difficulties](#)

Jane E. Ryan

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