



Suggested Fall 2017 Reading List

A Community Benefit Program of South Shore Hospital



Topics of interest for anyone raising, educating, mentoring, coaching or related to a child between the ages of 5-21!

Highlighted Books:

1. *"Vitamin N: The Essential Guide to a Nature-Rich Life,"* by Richard Louv, published by Algonquin Books of Chapel Hill, 2016. Visit the author website at: <http://bit.ly/2hl3dvZ>
2. *"Finally Focused: The Breakthrough Natural Treatment Plan for ADHD That Restores Attention, Minimizes Hyperactivity, and Helps Eliminate Drug Side-Effects,"* by James Greenblatt, M.D.; published by Harmony Books, 2017. Visit the author website at: <http://bit.ly/2wiIFa9>

Suggested Books:

3. *"Awake in the Wild: Reconnect with Nature and Discover Yourself- A Journal,"* artist Madalina Andronic, published by Quarto Publishing Group, USA, Inc., 2017.
4. *"The Bright Hour: A Memoir of Living and Dying,"* by Nina Riggs, published by Simon & Schuster, 2017.
5. *"Wired Child: Reclaiming Childhood In A Digital Age,"* by Richard Freed, Ph.D.; published by CreateSpace Independent Publishing Platform, 2015. Visit the author page at: <http://bit.ly/2uQwSjP>
6. *"Fast Media, Media Fast: How to Clear Your Mind and Invigorate Your Life In An Age of Media Overload,"* by Thomas W. Cooper, Ph.D.; published by AuthorHouse Publishing, 2011.
7. *"Balanced and Barefoot: How Unrestricted Outdoor Play Makes for Strong, Confident and Capable Children,"* by Angela J. Hanscom; published by New Harbinger Books, 2016. Learn more on the author's blog: <http://bit.ly/2f5zCGg>
8. *"Year of No Clutter: A Memoir,"* by Eve O. Schaub; published by SourceBooks, 2017. Visit the author's website at: <http://bit.ly/2uTebOg>
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To learn more about Youth Health Connection visit: <http://www.southshorehealth.org/yhc>

