



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



**Highlighted Book:**

1. *"Because I come from a crazy family: The Makings of a Psychiatrist"* by Edward Hallowell, M.D.; published by Bloomsbury Publishing, June 12, 2018. Visit the author's page at: <http://bit.ly/16FfboE>

**Suggested Books**

2. *"Emotional Success: The Power of Gratitude, Compassion and Pride,"* by David DeSteno, published by Houghton, Mifflin Harcourt; 2018 To view a 10 minute video clip of Dr. DeSteno at: <http://bit.ly/2EEFtuo>
3. *"Your Spacious Self: Clear the Clutter and Discover Who You Are,"* by Stephanie Bennett Vogt, published by Hierophant Publishing, 2012. For more information visit: <http://bit.ly/2jK6wer>
4. *"The Year of Less: How I stopped Shopping, Gave Away My Belongings and Discovered Life is Worth More Than Anything You Can Buy in a Store,"* by Cait Flanders, published by Hay House, 2018. To visit the author's website visit: <http://bit.ly/2G1NWIc>
5. *"Attack of the Teenage Brain: Understanding and Supporting The Weird and Wonderful Adolescent Learner,"* by John Medina, published by ASCD, 2018.
6. *"Hive: The Simple Guide to Multigenerational Living, How Our Family Makes It Work,"* by Lisa M. Cini, published by iUniverse, 2017. To visit the author's website go to: <http://bit.ly/2qn7hgC>
7. *"How to be Well- Six Keys to a Happy Healthy Life,"* by Frank Lipman, M.D.; published by Houghton Mifflin Hartcourt, April 2018.
8. *"Your Guide to Forest Bathing Experience the Healing Power of Nature,"* by M. Amos Clifford, published by Conari Press, 2018. Learn more at: <http://bit.ly/2rumVqV>

