



## Suggested Winter/Spring 2018 Reading List

A Community Benefit Program of South Shore Health System

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



### Highlighted Books:

1. *The Yes Brain: How to Cultivate Courage, Curiosity, and Resilience in Your Child,* by Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph.D.; published by Bantam Books, January 2018. Visit the author's website at: <http://bit.ly/2p2HNDP>

### Suggested Books

2. *"Secret Kindness Agents: How Small Acts of Kindness Really Can Change the World,"* by Ferial Pearson, Ed.D.; Published by Write Life Publishing, 2014. To view the author's Tedx talk visit: <http://bit.ly/2C3KUIk> To read an article in Teaching Tolerance about the author's work visit: <http://bit.ly/2iUsPxK>
3. *Raising a Secure Child: How Circle of Security Parenting Can Help You Nurture Your Child's Attachment, Emotional Resilience and Freedom to Explore,* by Kent Hoffman, Glen Cooper, Bert Powell with Christine Benton, published by The Guilford Press, 2017. To read a Q & A article by PsychCentral with the author visit: <http://bit.ly/2CvOwzy>
4. *"iGen: Why Today's Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy—and Completely Unprepared for Adulthood—and What That Means for the Rest of Us,"* by Jean M. Twenge, Ph.D.; published by Atria Books, 2017. Visit the author's website at: <http://bit.ly/2DUtrMr> To view a video interview by CBS This Morning visit: <http://bit.ly/2EG34em>
5. *"The Book - - The Story of the Red Tail Hawk: One Family's Journey Through Addiction,"* by K.A. Morini and Amanda Beth Randall; published by Balboa Publishing, 2016.
6. *"The Strength Switch: How the New Science of Strength-Based Parenting Can Help Your Child and your Teen to Flourish"* by Lea Waters, Ph.D., published by Avery, 2017. Visit the author's website at: <http://bit.ly/2IG8X3k>
7. *"Braving the Wilderness: The Quest for True Belonging and the Courage to Stand Alone,"* by Brené Brown Ph.D., L.M.S.W.; published by Random House, 2017. Visit the author's website at: <http://bit.ly/2AfrQ2n>

