






















THE ARIZONA SCHWARTZ GROUP, PC

DR. ALLISON SOLOMON, PSY.D, PLLC LICENSED CLINICAL PSYCHOLOGIST











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Book and Workbook Recommendations for Children, Teens and Parents












All books should be available on Amazon or any online bookstore. Please feel free to share any book recommendations that you have found particularly helpful and they can be added to the list. Books are organized by topic and type of book. Dr. Solomon is not affiliated with any of the authors or publications below. Please be aware that these books are not substitutes for treatment by a professional.

Attention Deficit Hyperactivity Disorder (ADHD) and Learning Differences	
	<i>Taking Charge of ADHD, Third Edition: The Complete, Authoritative Guide for Parents</i> , by Russell A. Barkley
	<i>Understanding Girls with ADHD, Updated and Revised: How They Feel and Why They Do What They Do</i> , by Kathleen Nadeau and Ellen Littman
	<i>Smart but Scattered: The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential</i> , by Peg Dawson and Richard Guare
	<i>Smart but Scattered Teens: The "Executive Skills" Program for Helping Teens Reach Their Potential</i> , by Richard Guare PhD and Peg Dawson EdD
	<i>Late, Lost, and Unprepared: A Parents' Guide to Helping Children with Executive Functioning</i> , by Joyce Cooper-Kahn and Laurie Dietzel
	<i>The ADHD Book of Lists: A Practical Guide for Helping Children and Teens with Attention Deficit Disorders</i> , by Sandra Rief
	<i>How To Reach And Teach Children with ADD/ADHD: Practical Techniques, Strategies, and Interventions</i> , by Sandra Rief
	<i>The ADD / ADHD Checklist: A Practical Reference for Parents and Teachers</i> , by Sandra F. Rief
	<i>Smart But Stuck: Emotions in Teens and Adults with ADHD</i> by Thomas E. Brown
	<i>Train Your Brain for Success: A Teenager's Guide to Executive Functions</i> by Randy Kulman PhD
	<i>Different Learners: Identifying, Preventing, and Treating Your Child's Learning Problems</i> , by Jane M. Healy Ph.D.
	<i>Wrightslaw: From Emotions to Advocacy - The Special Education Survival Guide</i> by Pamela Wright and Peter Wright
	<i>The Complete IEP Guide: How to Advocate for Your Special Ed Child</i> by Lawrence M. Siegel
	<i>Overcoming Dyslexia: A New and Complete Science-Based Program for Reading Problems at Any Level</i> , by Sally Shaywitz M.D.
	<i>The Dyslexic Advantage: Unlocking the Hidden Potential of the Dyslexic Brain</i> , by Brock L. Eide M.D. M.A. and Fernette F. Eide M.D.
	<i>The Dyslexia Empowerment Plan: A Blueprint for Renewing Your Child's Confidence and Love of Learning</i> , by Ben Foss
	<i>How To Reach and Teach All Children in the Inclusive Classroom: Practical Strategies, Lessons, and Activities, Second Edition</i> , by Sandra F. Rief and Julie A. Heimburger
	<i>Tigers, Too: Executive Functions/Speed of Processing/Memory: Impact on Academic, Behavioral, and Social Functioning of Students w/ ADHD, Tourette Syndrome, and OCD-Modifications and Interventions</i> by Marilyn Dornbush
	<i>Jump-Starting Boys: Help Your Reluctant Learner Find Success in School and Life</i> , by Pam Withers and Cynthia Gill


Autism Spectrum Disorder (ASD) and Social Skills Difficulties For Parents



















	<i>The Complete Guide to Asperger's Syndrome</i> , by Tony Attwood
	<i>Raise Your Child's Social IQ: Stepping Stones to People Skills for Kids</i> by Cathi Cohen Paperback
	<i>The Unwritten Rules of Friendship: Simple Strategies to Help Your Child Make Friends</i> by Natalie Madorsky Elman
	<i>A Parent's Guide to High-Functioning Autism Spectrum Disorder, Second Edition: How to Meet the Challenges and Help Your Child Thrive</i> , by Sally Ozonoff PhD and Geraldine Dawson PhD
	<i>Girls Growing Up on the Autism Spectrum: What Parents and Professionals Should Know About the Pre-teen and Teenage Years</i> , by Shana Nichols
	<i>The New Social Story Book, Revised and Expanded: Over 150 Social Stories that Teach Everyday Social Skills to Children with Autism or Asperger's Syndrome and Their Peers</i> , by Carol Gray and Tony Attwood
	<i>Thinking About You, Thinking About Me</i> , by Michelle Garcia Winner
	<i>How to Teach Life Skills to Kids with Autism or Asperger's</i> , by Jennifer McIlwee Myers and Temple Grandin
	<i>Solving Executive Function Challenges: Simple Ways to Get Kids with Autism Unstuck and on Target</i> , by Lauren Kenworthy Ph.D. and Laura Anthony Ph.D.
	<i>The Way to A: Empowering Children with Autism Spectrum and Other Neurological Disorders to Monitor and Replace Aggression and Tantrum Behavior</i> , by Hunter Manasco

Social Skills Books for Children and Teens



	<i>The Asperkid's (Secret) Book of Social Rules: The Handbook of Not-so-obvious Social Guidelines for Tweens and Teens With Asperger Syndrome</i> by Jennifer Cook O'Toole
	<i>You Are a Social Detective</i> , by Michelle Garcia Winner and Pamela Crooke
	<i>Asperger's Rules!: How to Make Sense of School and Friends</i> by Blythe Grossberg
	<i>The Growing Up Guide for Girls: What Girls on the Autism Spectrum Need to Know!</i> , by Davida Hartman
	<i>The Growing Up Book for Boys: What Boys on the Autism Spectrum Need to Know!</i> , by Davida Hartman
	<i>The Guide: Managing Douchebags, Recruiting Wingmen, and Attracting Who You Want</i> by Rosalind Wiseman
	<i>Freaks, Geeks & Asperger Syndrome: A User Guide to Adolescence</i> , by Luke Jackson
	<i>Socially Curious and Curiously Social: A Social Thinking Guidebook for Bright Teens and Young Adults</i> , by Michelle Garcia Winner and Pamela Crooke
	<i>Social Fortune or Social Fate</i> , by Michelle Garcia Winner and Pam Crooke
	<i>How Rude! The Teen Guide to Good Manners, Proper Behavior, and Not Grossing People Out</i> , by Alex J. Packer, PhD
	<i>The Social Success Workbook for Teens: Skill-Building Activities for Teens with Nonverbal Learning Disorder, Asperger's Disorder, and Other Social-Skill Problems</i> , by Barbara Cooper MPS and Nancy Widdows MS

Parenting Children With Behavior and Mood Challenges




	<i>Kids in the Syndrome Mix of ADHD, LD, Autism Spectrum, Tourette's, Anxiety, and More!: The one stop guide for parents, teachers, and other professionals</i> by M.D. Martin L. Kutscher
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




	<i>Masterminds and Wingmen: Helping Our Boys Cope with Schoolyard Power, Locker-Room Tests, Girlfriends, and the New Rules of Boy World</i> by Rosalind Wiseman
	<i>Queen Bees and Wannabes: Helping Your Daughter Survive Cliques, Gossip, Boyfriends, and the New Realities of Girl World</i> by Rosalind Wiseman
	<i>Calming the Chaos: Behavior Improvement Strategies for the Child with ADHD</i> (Audio CD) by Jim Fay
	<i>1-2-3 Magic: Effective Discipline for Children 2-12</i> , by Thomas W. Phelan*
	<i>Lost at School: Why Our Kids with Behavioral Challenges are Falling Through the Cracks and How We Can Help Them</i> by Ross W. Greene Ph.D.
	<i>Transforming the Difficult Child: The Nurtured Heart Approach</i> by Howard Glasser and Jennifer Easley
	<i>Transforming the Difficult Child Workbook: An Interactive Guide to The Nurtured Heart Approach</i> by Lisa Bravo
	<i>Raising Cain: Protecting the Emotional Life of Boys</i> , by Dan Kindlon and Michael Thompson
	<i>The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind</i> Sep 11, 2012 by Daniel J. Siegel and Tina Payne Bryson
	<i>Your Defiant Child, Second Edition: Eight Steps to Better Behavior</i> , by Russell A. Barkley PhD ABPP ABCN and Christine M. Benton*
	<i>Raising Your Spirited Child: A Guide for Parents Whose Child Is More Intense, Sensitive, Perceptive, Persistent, and Energetic</i> by Mary Sheedy Kurcinka
	<i>No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind</i> by Daniel J. Siegel and Tina Payne Bryson
	<i>Parenting from the Inside Out 10th Anniversary edition: How a Deeper Self-Understanding Can Help You Raise Children...</i> by Daniel J. Siegel MD and Mary Hartzell
	<i>The 5 Love Languages of Children</i> by Gary D Chapman and Ross Campbell
	<i>Siblings Without Rivalry: How to Help Your Children Live Together So You Can Live Too</i> by Adele Faber and Elaine Mazlish
	<i>The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children</i> , by Ross W. Greene PhD *
	<i>Parenting a Child Who Has Intense Emotions: Dialectical Behavior Therapy Skills to Help Your Child Regulate Emotional Outbursts and Aggressive Behaviors</i> by Pat Harvey ACSW LCSW-C
	<i>Helping Your Depressed Child: A Step-By-Step Guide for Parents</i> , by Martha Underwood Barnard








Parenting Tweens/Teens with Mood & Behavior Challenges



	<i>Your Defiant Teen, Second Edition: 10 Steps to Resolve Conflict and Rebuild Your Relationship</i> , by Russell A. Barkley PhD ABPP ABCN and Arthur L. Robin PhD*
	<i>Brainstorm: The Power and Purpose of the Teenage Brain</i> by Daniel J. Siegel
























	Parenting Teens With Love And Logic: Preparing Adolescents for Responsible Adulthood, Updated and Expanded Edition by Foster Cline and Jim Fay
	Beyond Consequences, Logic, and Control: A Love-Based Approach to Helping Attachment-Challenged Children With Severe Behaviors Paperback by Heather T. Forbes, B. Bryan Post
	Yes, Your Teen is Crazy! Loving Your Kid Without Losing Your Mind, by Michael J. Bradley
	The Teenage Brain: A Neuroscientist's Survival Guide to Raising Adolescents and Young Adults, by Frances E. Jensen and Amy Ellis Nutt
	Middle School Makeover: Improving the Way You and Your Child Experience the Middle School Years, by Michelle Icard
	How to Talk So Kids Will Listen & Listen So Kids Will Talk, by Adele Faber and Elaine Mazlish
	The Disappearing Girl: Learning the Language of Teenage Depression, by Lisa Machoian
	Teen-Proofing: Fostering Responsible Decision Making in Your Teenager, by John Rosemond
OCD, Tics, Body Focused Repetitive Behaviors, and Anxiety Disorders	
	Helping Your Anxious Child: A Step-by-Step Guide for Parents, by Ronald Rapee PhD and Ann Wignall PsyD
	Freeing Your Child From Anxiety by Tamar Chansky
	Worried No More: Help and Hope for Anxious Children by Aureen Pinto Wagner.
	What To Do When Your Child Has Obsessive Compulsive Disorder: Strategies and Solutions, by Aureen Pinto Wagner
	Up and Down the Worry Hill by Aureen Pinto Wagner
	Freeing Your Child From Obsessive Compulsive Disorder: A Powerful, Practical Program for Parents of Children and Adolescents by Tamar Chansky
	Helping Your Child with OCD: A Workbook for Parents of Children With Obsessive-Compulsive Disorder by Lee Fitzgibbons and Cherlene Pedrick
	Talking Back to OCD: The Program That Helps Kids and Teens Say "No Way" -- and Parents Say "Way to Go," by John S. March MD MPH and Christine M. Benton
	Obsessive-Compulsive Disorders: A Complete Guide to Getting Well and Staying Well by Fred Penzel
	The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder by Bruce Hyman
	Free from OCD: A Workbook for Teens with Obsessive-Compulsive Disorder (Instant Help Book for Teens) by Timothy Sisemore
	Loving Someone with OCD: Help for You and Your Family by Karen J. Landsman
	Take Control of OCD: The Ultimate Guide for Kids with OCD by Bonnie Zucker
	The Tourette Syndrome & OCD Checklist: A Practical Reference for Parents and Teachers by Susan Connors
	Can I Tell You About Tourette Syndrome?: A Guide for Friends, Family, and Professionals by Mal Leicester

	Coping with Tourette Syndrome: A Workbook for Kids with Tic Disorders by Sandra Buffolano MA
	A Parent Guide to Hair Pulling Disorder: Effective Parenting Strategies for Children with Trichotillomania (Formerly "Stay Out of My Hair") by Suzanne Mouton-Odum PhD
	The Hair-Pulling Problem: A Complete Guide to Trichotillomania by Fred Penzel

Books For Children	
	Incredible You! 10 Ways to Let Your Greatness Shine Through, by Dr. Wayne W. Dyer and Tracy
	The Invisible String by Patrice Karst
	I Just Don't Like the Sound of No! My Story About Accepting No for an Answer and Disagreeing the Right Way!, by Julia Cook and Kelsey De Weerd
	The Care and Keeping of You: The Body Book for Younger Girls, Revised Edition, by Valorie Schaefer and Josee Masse
	The Feelings Book (Revised): The Care and Keeping of Your Emotions, by Dr. Lynda Madison and Josee Masse
	Friends: Making Them & Keeping Them (American Girl), by Patti Kelley Criswell and Stacy Peterson
	The Boys Body Book: Everything You Need to Know for Growing Up YOU, by Kelli Dunham and Steve Björkman
	Nobody's Perfect: A Story for Children About Perfectionism, by Ellen Flanagan Burns and Erica Pelton Villnave
	A Smart Girl's Guide to Knowing What to Say (American Girl) by Patti Kelley Criswell
	Oh Brother! Growing Up with a Special Needs Sibling, by Natalie Hale*

CBT Workbooks For Children	
	What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety , by Dawn Huebner and Bonnie Matthews
	What to Do When Your Temper Flares: A Kid's Guide to Overcoming Problems With Anger, by Dawn Huebner and Bonnie Matthews
	What to Do When You Grumble Too Much: A Kid's Guide to Overcoming Negativity, by Dawn Huebner and Bonnie Matthews
	What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD, by Dawn Huebner and Bonnie Matthews
	What to Do When You Dread Your Bed: A Kid's Guide to Overcoming Problems With Sleep, by Dawn Huebner and Bonnie Matthews
	What to Do When Bad Habits Take Hold: A Kid's Guide to Overcoming Nail Biting and More, by Dawn Huebner and Bonnie Matthews
	What to Do When It's Not Fair: A Kid's Guide to Handling Envy and Jealousy, by Jacqueline B. Toner and Claire A. B. Freeland

Books For Teens	
	Yes, Your Parents Are Crazy!: A Teen Survival Guide, by Michael J. Bradley and Clay Aiken
	The 6 Most Important Decisions You'll Ever Make: A Guide for Teens, by Sean Covey

	<i>The 7 Habits of Highly Effective Teens</i> , by Sean Covey
	<i>My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic</i> , by Michael A. Tompkins
	<i>How Rude! The Teen Guide to Good Manners, Proper Behavior, and Not Grossing People Out</i> , by Alex J. Packer, PhD
	<i>The Teen's Guide to World Domination: Advice on Life, Liberty, and the Pursuit of Awesomeness</i> , by Josh Shipp
Workbooks For Teens	
	<i>Train Your Brain for Success: A Teenager's Guide to Executive Functions</i> by Randy Kulman PhD
	<i>The Executive Functioning Workbook for Teens: Help for Unprepared, Late, and Scattered Teens</i> , by Sharon A. Hansen MSE NBCT
	<i>The Self-Esteem Workbook for Teens: Activities to Help You Build Confidence and Achieve Your Goals</i> , by Lisa M. Schab LCSW
	<i>Get Out of Your Mind and Into Your Life for Teens: A Guide to Living an Extraordinary Life</i> , by Joseph Ciarrochi and Louise Hayes
	<i>Don't Let Your Emotions Run Your Life for Teens: Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts, and Get Along with Others</i> , by Sheri Van Dijk MSW
	<i>Beyond the Blues: A Workbook to Help Teens Overcome Depression</i> , by Lisa M. Schab LCSW
	<i>The Body Image Workbook for Teens: Activities to Help Girls Develop a Healthy Body Image in an Image-Obsessed World</i> by Julia V. Taylor MA and Melissa Atkins Wardy
	<i>The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence</i> , by Jennifer Shannon LMFT and Doug Shannon
	<i>The Anger Workbook for Teens: Activities to Help You Deal with Anger and Frustration</i> , by Raychelle Cassada Lohmann MS LPC and Julia V. Taylor MA
Books & Workbooks For Adults	
	<i>The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are</i> by Brené Brown
	<i>Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead</i> by Brené Brown
	<i>Rising Strong</i> by Brené Brown
	<i>The Anxiety and Worry Workbook: The Cognitive Behavioral Solution</i> by David A. Clark PhD
	<i>Color Me Calm: 100 Coloring Templates for Meditation and Relaxation (A Zen Coloring Book)</i> by Lacy Mucklow
	<i>The Confidence Gap: A Guide to Overcoming Fear and Self-Doubt</i> by Russ Harris
	<i>You Are Not Your Brain: The 4-Step Solution for Changing Bad Habits, Ending Unhealthy Thinking, and Taking Control of Your Life</i> by Jeffrey M. Schwartz
	<i>The Illustrated Happiness Trap: How to Stop Struggling and Start Living</i> by Russ Harris and Bev Aisbett
	<i>The Reality Slap: Finding Peace and Fulfillment When Life Hurts</i> by Russ Harris
	<i>ACT with Love: Stop Struggling, Reconcile Differences, and Strengthen Your Relationship with Acceptance and Commitment Therapy</i> by Russ Harris