

Books to Read

Here is a list of books that my daughter and I have found helpful in our journey to reduce stress and worry... I hope you find some good books that help make your journey a little easier too 😊

Emotions and Worry

- The Red Beast, by KI Al-Ghani (I think this book is FANTASTIC!! You don't need to have the particular diagnosis on the front of the book. It's just great in explaining what happens when anger takes over and it really makes sense)
- Tiger-Tiger, is it true? By Byron Katie and Hans Wilhelm
- What to do when you Worry too much, by Dawn Huebner
- A '5' Could make me lose control, by Kari Dunn Buron
- When my worries get too big, by Kari Dunn Buron
- What to do when your brain gets stuck, by Dawn Huebner

Building Confidence and Resilience

- I like Myself, by Karen Beaumont
- Have you filled a bucket today, by Carol McCloud
- On my way to a happy life, by Deepak Chopra
- How Full is Your Bucket, by Tom Rath and Mary Reckmeyer
- The crown on your head, by Nancy Tillman (for toddlers)
- I Think, I Am, by Manuela Schwarz
- The kids guide to staying Awesome and in Control, by Lauren Brukner
- Being Me, by Wendy L.Moss

Dealing with Loss

- The Invisible String, by Patrice Karst

Books specifically for Teenagers

These books will help you build confidence and resilience, and find the answers to some questions you may be curious about.

- Find your Tribe, by Rebecca Sparrow
- Ask me Anything, by Rebecca Sparrow
- Find your Feet, by Rebecca Sparrow