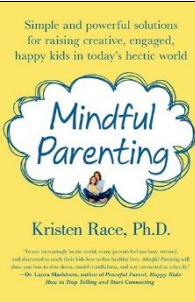
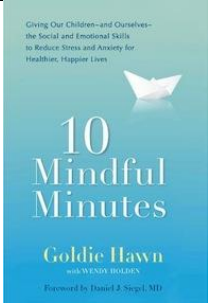
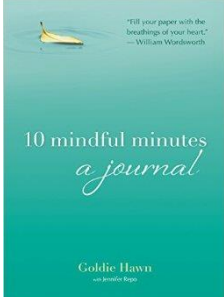
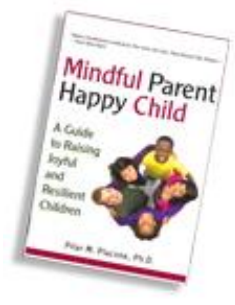
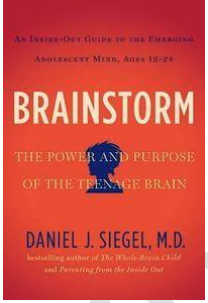
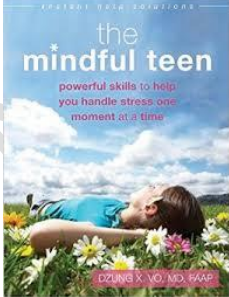
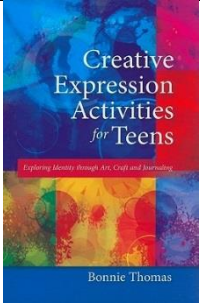
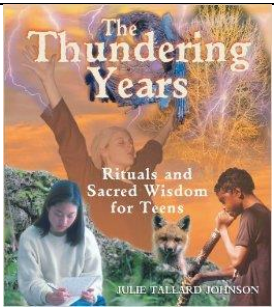
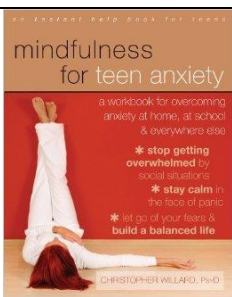
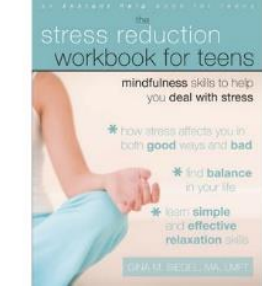
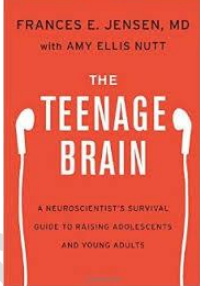


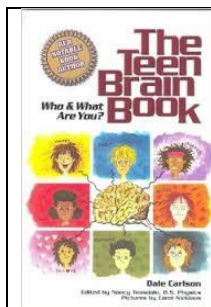
# ME August 2015 Recommended Book & CD Resources

Mindful Books for Parents	
	<b>Sitting Still Like a Frog by Eline Snel (2013)</b> <ul style="list-style-type: none"> <li>• <a href="http://AMZN.TO/1VWSMKQ">HTTP://AMZN.TO/1VWSMKQ</a></li> <li>• <a href="http://WWW.CHAPTERS.INDIGO.CA/BOOKS/PRODUCT/9781611800586-ITEM.HTML">HTTP://WWW.CHAPTERS.INDIGO.CA/BOOKS/PRODUCT/9781611800586-ITEM.HTML</a></li> </ul>
	<b>Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children by Linda Lantieri and Daniel Goleman (Apr 2008)</b> <ul style="list-style-type: none"> <li>• <a href="http://AMZN.TO/1MKK6G7">HTTP://AMZN.TO/1MKK6G7</a></li> <li>• <a href="http://WWW.CHAPTERS.INDIGO.CA/BOOKS/PRODUCT/9781591797890-ITEM.HTML">HTTP://WWW.CHAPTERS.INDIGO.CA/BOOKS/PRODUCT/9781591797890-ITEM.HTML</a></li> </ul>
	<b>Mindful Parenting: Simple and Powerful Solutions for Raising Creative, Engaged, Happy Kids in Today's Hectic World by Kristen Race (Jan 7 2014)</b> <ul style="list-style-type: none"> <li>• <a href="http://AMZN.TO/1ORCCB6">HTTP://AMZN.TO/1ORCCB6</a></li> </ul>
	<b>Everyday Blessings: The Inner Work of Mindful Parenting by Jon Kabat-Zinn &amp; Myla Kabat-Zinn</b> <ul style="list-style-type: none"> <li>• <a href="http://AMZN.TO/1O6PIVQ">HTTP://AMZN.TO/1O6PIVQ</a></li> <li>• <a href="http://WWW.CHAPTERS.INDIGO.CA/BOOKS/PRODUCT/9780786883141-ITEM.HTML">HTTP://WWW.CHAPTERS.INDIGO.CA/BOOKS/PRODUCT/9780786883141-ITEM.HTML</a></li> </ul>

	<p><b>10 Mindful Minutes: Giving Our Children--and Ourselves--the Social and Emotional Skills to Reduce Stress and Anxiety for Healthier, Happy Lives by Goldie Hawn</b></p> <ul style="list-style-type: none"> <li>• <a href="http://AMZN.TO/1SFGN39">HTTP://AMZN.TO/1SFGN39</a></li> <li>• <a href="http://WWW.CHAPTERS.INDIGO.CA/BOOKS/PRODUCT/9781455849994-ITEM.HTML">HTTP://WWW.CHAPTERS.INDIGO.CA/BOOKS/PRODUCT/9781455849994-ITEM.HTML</a></li> </ul>
	<p><b>10 Mindful Minutes: A Journal by Goldie Hawn</b></p> <ul style="list-style-type: none"> <li>• <a href="http://AMZN.TO/1FO8DQJ">HTTP://AMZN.TO/1FO8DQJ</a></li> </ul>
	<p><b>Mindful Parent Happy Child: A Guide to Raising Joyful and Resilient Children by Pilar M. Placone, PhD, Ruth P. Newton PhD (Foreward)</b></p> <ul style="list-style-type: none"> <li>• <a href="http://AMZN.TO/1JJJFX">HTTP://AMZN.TO/1JJJFX</a></li> </ul>

<b>Mindfulness Books for Teens</b>	
	<p><b>Brainstorm: The Power and Purpose of the Teenage Brain by Daniel J. Siegel MD Author (Jan 7 2014)</b></p> <ul style="list-style-type: none"> <li>• <a href="http://AMZN.TO/1VGZXJN">HTTP://AMZN.TO/1VGZXJN</a></li> <li>• <a href="http://WWW.CHAPTERS.INDIGO.CA/BOOKS/PRODUCT/9781480560246-ITEM.HTML">HTTP://WWW.CHAPTERS.INDIGO.CA/BOOKS/PRODUCT/9781480560246-ITEM.HTML</a></li> </ul>
	<p><b>The Mindful Teen: Powerful Skills To Help You Handle Stress One Moment At A Time by Dzung X Vo, MD, FAAP</b></p> <ul style="list-style-type: none"> <li>• <a href="http://AMZN.TO/1H8TVTK">HTTP://AMZN.TO/1H8TVTK</a></li> </ul>

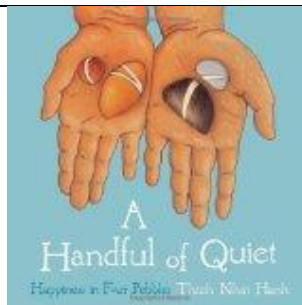
	<p><b>Creative Expression Activities for Teens: Exploring Identity through Art, Craft and Journaling by Bonnie Thomas (Nov 15 2010)</b></p> <ul style="list-style-type: none"> <li>• <a href="http://AMZN.TO/1RZANHT">HTTP://AMZN.TO/1RZANHT</a></li> <li>• <a href="http://WWW.CHAPTERS.INDIGO.CA/BOOKS/PRODUCT/9781849058421-ITEM.HTML">HTTP://WWW.CHAPTERS.INDIGO.CA/BOOKS/PRODUCT/9781849058421-ITEM.HTML</a></li> </ul>
	<p><b>Thundering Years: Rituals and Sacred Wisdom for Teens by Julie Johnson (Oct 1 2000)</b></p> <ul style="list-style-type: none"> <li>• <a href="http://AMZN.TO/1GMHQY">HTTP://AMZN.TO/1GMHQY</a></li> <li>• <a href="http://WWW.CHAPTERS.INDIGO.CA/BOOKS/PRODUCT/9780892818808-ITEM.HTML">HTTP://WWW.CHAPTERS.INDIGO.CA/BOOKS/PRODUCT/9780892818808-ITEM.HTML</a></li> </ul>
	<p><b>Mindfulness for Teen Anxiety by Christopher Willard, PsyD</b></p> <ul style="list-style-type: none"> <li>• <a href="http://AMZN.TO/1SL9R0D">HTTP://AMZN.TO/1SL9R0D</a></li> </ul>
	<p><b>The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress Paperback – Dec 15 2009 by Gina Biegel</b></p> <ul style="list-style-type: none"> <li>• <a href="http://AMZN.TO/1QXR6MG">HTTP://AMZN.TO/1QXR6MG</a></li> <li>• <a href="http://WWW.CHAPTERS.INDIGO.CA/BOOKS/PRODUCT/9781572246973-ITEM.HTML">HTTP://WWW.CHAPTERS.INDIGO.CA/BOOKS/PRODUCT/9781572246973-ITEM.HTML</a></li> </ul>
	<p><b>The Teenage Brain: A Neuroscientist's Survival Guide To Raising Adolescents And Young Adults by Frances E. Jensen, MD. With Amy Ellis Nutt</b></p> <ul style="list-style-type: none"> <li>• <a href="http://AMZN.TO/1BMV2Z3">HTTP://AMZN.TO/1BMV2Z3</a></li> <li>• <a href="http://WWW.CHAPTERS.INDIGO.CA/EN-CA/BOOKS/PRODUCT/9781443406222-ITEM.HTML">HTTP://WWW.CHAPTERS.INDIGO.CA/EN-CA/BOOKS/PRODUCT/9781443406222-ITEM.HTML</a></li> </ul>



## The Teen Brain Book: Who & What Are You? By Dale Carlson

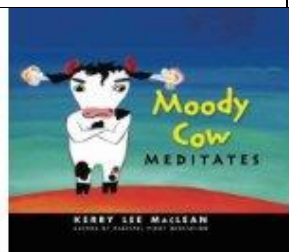
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## Mindful Books for Children



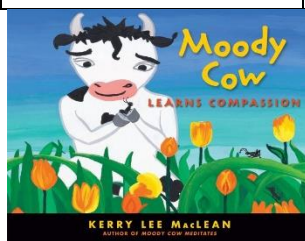
## A HANDFUL OF QUIET: Happiness in Four Pebbles by Thich Nhat Hanh (2012)

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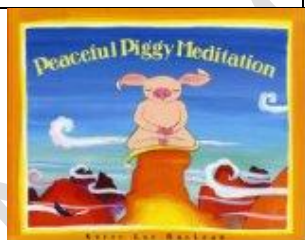
## Moody Cow Meditates by Kerry Lee MacLean

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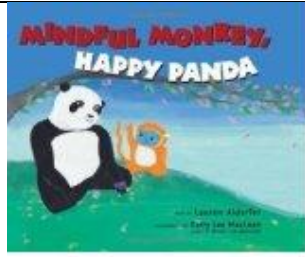
## Moody Cow Learns Compassion by Kerry Lee MacLean

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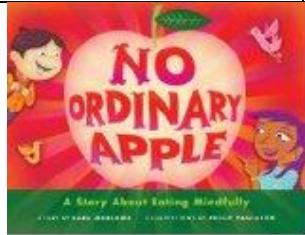
## Peaceful Piggy Meditation by Kerry Lee MacLean

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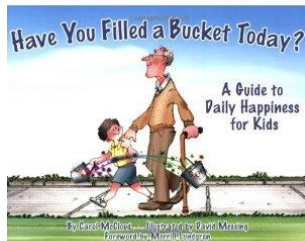
## Mindful Monkey, Happy Panda By Kerry Lee MacLean

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## No Ordinary Apple by Sara Marlowe

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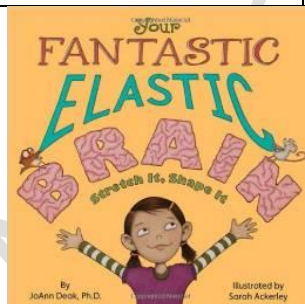
## Have you Filled a Bucket Today? A Guide to Daily Happiness for Kids by Carol McCloud

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## The Disappointment Dragon by K.I. Al-Ghani

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- [HTTP://WWW.CHAPTERS.INDIGO.CA/BOOKS/THE-DISAPPOINTMENT-DRAGON-LEARNING-TO/9781849054324-ITEM.HTML?IKWID=THE+DISAPPOINTMENT+DRAGON&IKWSEC=HOME&IKWIDX=0](http://WWW.CHAPTERS.INDIGO.CA/BOOKS/THE-DISAPPOINTMENT-DRAGON-LEARNING-TO/9781849054324-ITEM.HTML?IKWID=THE+DISAPPOINTMENT+DRAGON&IKWSEC=HOME&IKWIDX=0)



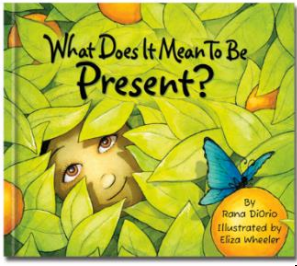

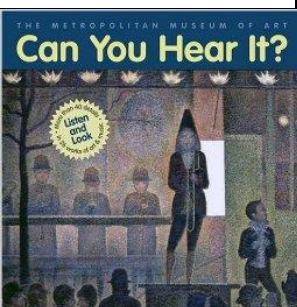
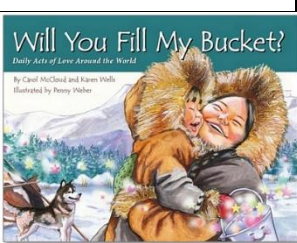
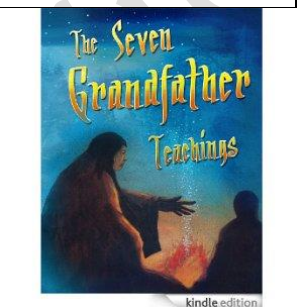
## Your Fantastic Elastic Brain by JoAnn Deak, Ph. D.

- [HTTP://AMZN.TO/1PTI8CA](http://AMZN.TO/1PTI8CA)



	<p><b>Ripple's Effect by Shawn Achor</b></p> <ul style="list-style-type: none"> <li>• <a href="http://AMZN.TO/1R4Cr8X">HTTP://AMZN.TO/1R4Cr8X</a></li> </ul>
	<p><b>Love is You &amp; Me by Monica Sheehan</b></p> <ul style="list-style-type: none"> <li>• <a href="http://AMZN.TO/1RZBE1L">HTTP://AMZN.TO/1RZBE1L</a></li> <li>• <a href="http://WWW.CHAPTERS.INDIGO.CA/BOOKS/LOVE-IS-YOU-ME/9781442436077-ITEM.HTML?IKWID=LOVE+IS+YOU+AND+ME&amp;IKWSEC=HOME&amp;IKWIDX=0">HTTP://WWW.CHAPTERS.INDIGO.CA/BOOKS/LOVE-IS-YOU-ME/9781442436077-ITEM.HTML?IKWID=LOVE+IS+YOU+AND+ME&amp;IKWSEC=HOME&amp;IKWIDX=0</a></li> </ul>
	<p><b>Be Happy: a little book for a happy you by Monica Sheehan</b></p> <ul style="list-style-type: none"> <li>• <a href="http://AMZN.TO/1FXCMBI">HTTP://AMZN.TO/1FXCMBI</a></li> <li>• <a href="http://WWW.CHAPTERS.INDIGO.CA/BOOKS/BE-HAPPY-A-LITTLE-BOOK/9781442406766-ITEM.HTML?REF=ISBN-SEARCH">HTTP://WWW.CHAPTERS.INDIGO.CA/BOOKS/BE-HAPPY-A-LITTLE-BOOK/9781442406766-ITEM.HTML?REF=ISBN-SEARCH</a></li> </ul>
	<p><b>Visiting Feelings by Laura Rubenstein, illustrated by Shelly Hehenberger</b></p> <ul style="list-style-type: none"> <li>• <a href="http://AMZN.TO/1vcGOgD">HTTP://AMZN.TO/1vcGOgD</a></li> </ul>
	<p><b>There's No Such Thing As A Dragon by Jack Kent</b></p> <ul style="list-style-type: none"> <li>• <a href="http://AMZN.TO/1MK8OZx">HTTP://AMZN.TO/1MK8OZx</a></li> <li>• <a href="http://WWW.BETTERWORLDBOOKS.COM/THERE'S-NO-SUCH-THING-AS-A-DRAGON-ID-9780307102140.ASPX">HTTP://WWW.BETTERWORLDBOOKS.COM/THERE'S-NO-SUCH-THING-AS-A-DRAGON-ID-9780307102140.ASPX</a></li> </ul>

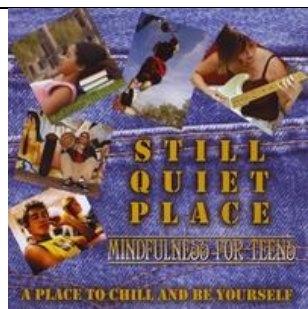
	<p><b>Take the Time: Mindfulness for kids by Maud Rogers</b></p> <ul style="list-style-type: none"> <li>• <a href="http://AMZN.TO/1SLVSEF">HTTP://AMZN.TO/1SLVSEF</a></li> <li>• <a href="http://WWW.CHAPTERS.INDIGO.CA/BOOKS/PRODUCT/9781433807961-ITEM.HTML">HTTP://WWW.CHAPTERS.INDIGO.CA/BOOKS/PRODUCT/9781433807961-ITEM.HTML</a></li> </ul>
	<p><b>A Boy and a Bear by Lori Lite</b></p> <ul style="list-style-type: none"> <li>• <a href="http://AMZN.TO/1UFPF31">HTTP://AMZN.TO/1UFPF31</a></li> <li>• <a href="http://WWW.CHAPTERS.INDIGO.CA/EN-CA/BOOKS/PRODUCT/9781886941076-ITEM.HTML">HTTP://WWW.CHAPTERS.INDIGO.CA/EN-CA/BOOKS/PRODUCT/9781886941076-ITEM.HTML</a></li> </ul>
	<p><b>Creative Coping Skills for Children: Emotional Support through Arts and Crafts Activities by Bonnie Thorne</b></p> <ul style="list-style-type: none"> <li>• <a href="http://AMZN.TO/1TVDCGR">HTTP://AMZN.TO/1TVDCGR</a></li> <li>• <a href="http://WWW.CHAPTERS.INDIGO.CA/BOOKS/PRODUCT/9781843109211-ITEM.HTML">HTTP://WWW.CHAPTERS.INDIGO.CA/BOOKS/PRODUCT/9781843109211-ITEM.HTML</a></li> </ul>
	<p><b>Anh's Anger by Gail Silver</b></p> <ul style="list-style-type: none"> <li>• <a href="http://AMZN.TO/1JOJVG8">HTTP://AMZN.TO/1JOJVG8</a></li> <li>• <a href="http://WWW.CHAPTERS.INDIGO.CA/EN-CA/BOOKS/PRODUCT/9781888375947-ITEM.HTML">HTTP://WWW.CHAPTERS.INDIGO.CA/EN-CA/BOOKS/PRODUCT/9781888375947-ITEM.HTML</a></li> </ul>
	<p><b>Steps and Stones by Gail Silver</b></p> <ul style="list-style-type: none"> <li>• <a href="http://AMZN.TO/1ES5QQN">HTTP://AMZN.TO/1ES5QQN</a></li> <li>• <a href="http://WWW.CHAPTERS.INDIGO.CA/EN-CA/BOOKS/PRODUCT/9781935209874-ITEM.HTML">HTTP://WWW.CHAPTERS.INDIGO.CA/EN-CA/BOOKS/PRODUCT/9781935209874-ITEM.HTML</a></li> </ul>

	<p><b>What Does It Mean To Be Present by Rana Diorio</b></p> <ul style="list-style-type: none"> <li>• <a href="http://AMZN.TO/1ZI3UID">HTTP://AMZN.TO/1ZI3UID</a></li> <li>• <a href="http://WWW.CHAPTERS.INDIGO.CA/EN-CA/BOOKS/PRODUCT/9780984080687-ITEM.HTML">HTTP://WWW.CHAPTERS.INDIGO.CA/EN-CA/BOOKS/PRODUCT/9780984080687-ITEM.HTML</a></li> </ul>
	<p><b>We Do Listen Foundation: Howard B. Wigglebottom</b></p> <ul style="list-style-type: none"> <li>• <b>FREE AMINATED BOOKS:</b> <a href="https://WEDOLISTEN.ORG/MEDIA/">HTTPS://WEDOLISTEN.ORG/MEDIA/</a></li> </ul>
	<p><b>Silence by Lemniscates</b></p> <ul style="list-style-type: none"> <li>• <a href="http://AMZN.TO/1UFSEIN">HTTP://AMZN.TO/1UFSEIN</a></li> </ul>
	<p><b>Can You Hear It?</b></p> <ul style="list-style-type: none"> <li>• <a href="http://AMZN.TO/1SL8GHD">HTTP://AMZN.TO/1SL8GHD</a></li> </ul>
	<p><b>Will You Fill My Bucket?: Daily Acts of Love Around the World by Carol McCloud</b></p> <ul style="list-style-type: none"> <li>• <a href="http://AMZN.TO/1JX2HAT">HTTP://AMZN.TO/1JX2HAT</a></li> </ul>
	<p><b>The Seven Grandfather Teachings by Native Reflections</b></p> <ul style="list-style-type: none"> <li>• <a href="http://AMZN.TO/1JX2TJN">HTTP://AMZN.TO/1JX2TJN</a></li> </ul>



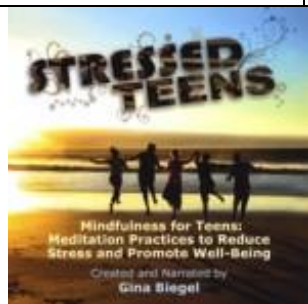
	<b>Mouse Was Mad by Linda Urban</b> <ul style="list-style-type: none"> <li>• <a href="http://AMZN.TO/1KLEUYJ">HTTP://AMZN.TO/1KLEUYJ</a></li> </ul>
	<b>A Quiet Place by Douglas Wood</b> <ul style="list-style-type: none"> <li>• <a href="http://AMZN.TO/1JX37AV">HTTP://AMZN.TO/1JX37AV</a></li> </ul>
	<b>The Three Questions by Jon J Muth</b> <ul style="list-style-type: none"> <li>• <a href="http://AMZN.TO/1JX3BHH">HTTP://AMZN.TO/1JX3BHH</a></li> </ul>
	<b>Everybody Needs a Rock by Byrd Baylor</b> <ul style="list-style-type: none"> <li>• <a href="http://AMZN.TO/1JX3SKE">HTTP://AMZN.TO/1JX3SKE</a></li> </ul>
	<b>The Listening Walk by Paul Showers</b> <ul style="list-style-type: none"> <li>• <a href="http://AMZN.TO/1JX3zFW">HTTP://AMZN.TO/1JX3zFW</a></li> </ul>
	<b>Finding Felicia</b> <ul style="list-style-type: none"> <li>• <a href="http://AMZN.TO/1AAAHHG">HTTP://AMZN.TO/1AAAHHG</a></li> <li>• <a href="http://WWW.CHAPTERS.INDIGO.CA/BOOKS/PRODUCT/9781927471067-ITEM.HTML">HTTP://WWW.CHAPTERS.INDIGO.CA/BOOKS/PRODUCT/9781927471067-ITEM.HTML</a></li> </ul>

## Guided Audios for Teens



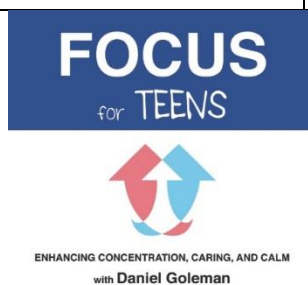
### Still Quiet Place: Mindfulness for Teens Dr. Amy Saltzman MD

- [HTTP://AMZN.TO/1PX3JTT](http://AMZN.TO/1PX3JTT)
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### Stressed Teens: Mindfulness for Teens by Gina Biegel

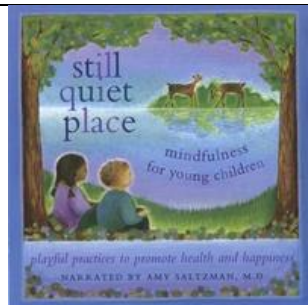
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### FOCUS for Teens: Enhancing Concentration, Caring, and Calm with Daniel Goleman

- [HTTP://AMZN.TO/1MUMDVU](http://AMZN.TO/1MUMDVU)

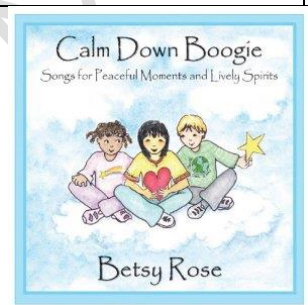
## Guided Audios for Children



### Still Quiet Place: Mindfulness for Young Children by Dr. Amy Saltzman MD

The 'Still Quiet Place' is a special place inside of you that you can visit anytime. It is especially helpful to visit if you are feeling angry, sad, afraid, or upset.

- [HTTP://AMZN.TO/1MUMIZJ](http://AMZN.TO/1MUMIZJ)



### Calm Down Boogie by Betsy Rose



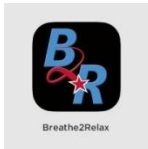
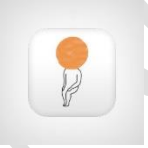
Mixing simple relaxation and meditation techniques with playful lyrics the songs also highlight the importance of loving kindness in our lives.





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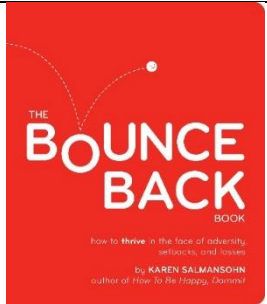
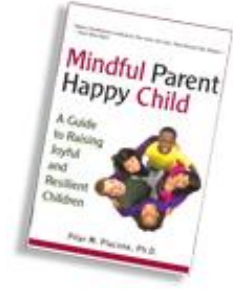
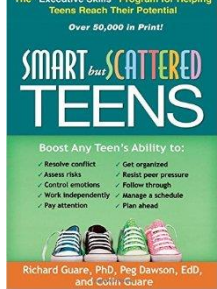
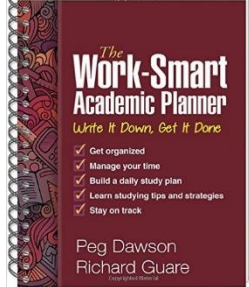
## FOCUS for Kids: Enhancing Concentration, Caring, and Calm with Daniel Goleman

- [HTTP://WWW.SHAREASALE.COM/R.CFM?B=540895&U=944364&M=50564&URLINK=](http://www.shareasale.com/r.cfm?B=540895&U=944364&M=50564&URLINK=)

Apps	
	<p><b>Stop, Breathe &amp; Think</b></p> <p><b>For iPhones &amp; Androids &amp; Web.</b> The Stop, Breathe &amp; Think App is a free mindfulness, meditation, and compassion building tool for middle-school students, high-school students, and adults. The app lets you check in on how you are thinking and feeling, and select emotions that guide you to recommended choices from 15 age-appropriate mindfulness and compassion-building audio meditations.</p>
	<p><b>Mindshift</b></p> <p><b>For iPhones &amp; iPads &amp; Androids.</b> As a quick and mobile resource, MindShift provides facts to help you understand anxiety - along with great tools to deal with it. The app presents situations, such as coping with test anxiety or social fears and a ton more, to help you situate yourself on the anxiety spectrum. MindShift provides powerful tools and exercises to help deal with the problem, rather than avoiding anxiety. Relaxation and visualization exercises, as well as mindfulness strategies can significantly help dial down stress. MindShift also presents a positive mindset, and inspirational quotes, to support you along the way.</p>
	<p><b>Breathe2Relax</b></p> <p style="text-align: center;">By The National Center for Telehealth and Technology</p> <p><b>For iPhones &amp; iPads &amp; Androids.</b> Breathe2Relax is a portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing. Breathing exercises have been documented to decrease the body's 'fight-or-flight' (stress) response, and help with mood stabilization, anger control, and anxiety management. Breathe2Relax can be used as a stand-alone stress reduction tool, or can be used in tandem with clinical care directed by a healthcare worker.</p>
	<p><b>Headspace</b></p> <p><b>For iPhones &amp; iPads &amp; Androids.</b> Headspace is meditation made simple, a way of treating your head right. Using proven meditation and mindfulness techniques we'll show you how to train your mind for a healthier, happier, more enjoyable life. How it works: Starting with our free Take10 programme, we'll teach you the basics of meditation in just 10 minutes a day. If you enjoy Take10 and want to learn more, then you can choose to continue and get access to hundreds of hours of original meditations, including guided and unguided, ranging from 2 to 60 minutes.</p>

	<p><b>Smiling Mind</b></p> <p><b>For iPhones &amp; iPads &amp; Androids.</b> Smiling Mind is meditation made easy. A simple tool that helps put a smile on your mind anytime, anywhere and every day.</p>
	<p><b>De-stress-ify (free)</b></p> <p><b>For iPhones &amp; iPads &amp; Androids.</b> Stress Relief That Lasts. De.stress.ify is a complete program for developing the practices that permanently rewire the brain for less stress and greater mental and emotional balance. In as little as 10 minutes per day, learn life-changing skills for dealing with thoughts, emotions and beliefs that induce stress or anxiety. More than just quick-fix tools, these techniques are scientifically proven to create lasting change so you can stop being a victim of stress and overwhelm and take control of your life back.</p>
	<p><b>OMG I Can Meditate</b></p> <p><b>For iPhones &amp; iPads &amp; Androids &amp; Web.</b> Simple. Enjoyable. Effective. Meditation made easy. OMG I Can Meditate! for teens and kids includes an assortment of guided meditations and visualizations created specifically for kids of all ages. The program is divided into three age categories, kids 6-9, tweens 10-13, and teens 14-17 and is free for kids and teens. The guided meditations include: Having Gratitude Calming Our Bodies &amp; Minds Being aware of our Thoughts Being aware of our Emotions Being aware of our Breathing and more.</p>
	<p><b>SITTING STILL - AN APP FOR TEENS \$1.99</b></p> <p><b>For iPhones &amp; iPads &amp; Androids.</b> The Sitting Still app is an app especially designed for teenagers to reduce stress, worries, calming the mind and to increase the ability to concentrate and to bring more presence into daily activities.</p> <p>The app contains several guided meditations based on the effective method developed by Eline Snel (author of Sitting Still Like a Frog: Mindfulness Exercises for Kids -and Their Parents). Her method has been proven successful in many countries and enables you to be more aware of your attention.</p> <p>The Sitting Still App contains the following features:</p> <ul style="list-style-type: none"> <li>10 guided meditations with personal logbook features to keep track of your progress</li> <li>4 silent meditations with bells: 3, 5, 15 and 30 minutes</li> <li>2 guided body scans: a short and a long one</li> <li>Statistics which you can use to keep track of your progress on a weekly, monthly or yearly basis</li> <li>Optional notes to write to yourself after every meditation</li> <li>Feedback after the meditations</li> <li>Optional reminders to meditate on location and/or time</li> <li>Option to send motivational messages to yourself at any moment</li> </ul>



Resiliency	
	<p><b>The Bounce Back Book by Karen Salmansohn</b></p> <ul style="list-style-type: none"> <li>• <a href="http://AMZN.TO/1PSWRMS">HTTP://AMZN.TO/1PSWRMS</a></li> <li>• <a href="http://WWW.CHAPTERS.INDIGO.CA/EN-CA/BOOKS/PRODUCT/9780761146278-ITEM.HTML">HTTP://WWW.CHAPTERS.INDIGO.CA/EN-CA/BOOKS/PRODUCT/9780761146278-ITEM.HTML</a></li> </ul>
	<p><b>Mindful Parent Happy Child: A Guide to Raising Joyful and Resilient Children by Pilar M. Placone, PhD, Ruth P. Newton PhD (Foreward)</b></p> <ul style="list-style-type: none"> <li>• <a href="http://AMZN.TO/1LETkPU">HTTP://AMZN.TO/1LETkPU</a></li> </ul>
	<p><b>Smart but Scattered Teens: The "Executive Skills" Program for Helping Teens Reach Their Potential by Richard Guare PhD</b></p> <ul style="list-style-type: none"> <li>• <a href="http://AMZN.TO/1DI0x0O">HTTP://AMZN.TO/1DI0x0O</a></li> </ul>
	<p><b>The Work-Smart Academic Planner: Write It Down, Get It Done by Peg Dawson EdD and Richard Guare PhD</b></p> <ul style="list-style-type: none"> <li>• <a href="http://AMZN.TO/1TRRGQQ">HTTP://AMZN.TO/1TRRGQQ</a></li> </ul>