| https://lh6.googleusercontent.com/kzfYsDzmuXFb8EKgv9jdrKMd1smKI5Liff5y_rSfs_LVEVnEYJ1mmtACcoIMEzacqXha1mE1OLKrydDcNyBEwu8a17ujXYHZOf4MclNaoEQWn6j8fFAgxmeZ48OOcmSIiHjy3RWb6KmaaYf_Tg  Anxiety & Stress  Top Recommended Resources  **Anxiety Disorders and Phobias: A Cognitive Perspective**  **by Aaron Beck, MD**  **Brainstorm: The Power and Purpose of the Teenage Brain**  **by Dan Siegel, MD.**  **Dyslexia and the iPad: Overcoming Dyslexia with Technology,**  **by James and Linda Nuttall.**  **Keys to Parenting Your Anxious Child, by Katharina Manassis**  **Learned Optimism: How to Change Your Mind and Your Life**  **by Martin Seligman, PHD**  **Learning to Slow Down and Pay Attention: A Book for Kids About ADHD, by Kathleen G. Nadeau, Ellen B. Dixon and Charles Beyl**  **Lost at School: Why Our Kids with Behavioral Challenges are Falling Through the Cracks and How We Can Help Them, by Ross Greene**  **Mindset: The New Psychology of Success, by Carol Dweck**  **My Anxious Mind: A Teen’s Guide to Managing Anxiety and Panic,**  **by Michael Tompkins**  **Overcoming Dyslexia: A New and Complete Science-Based Program for Overcoming Reading Problems at Any Level, by Sally Shaywitz**  **Quiet power: the secret strengths of introverted kids, by Susan Cain**  **Reviving Ophelia, 25th anniversary edition. By Mary Pipher**  **Taking Charge of ADHD: A Complete Authoritative Guide for Parents, by Dr. Russell Barkley**  **The Explosive child, by Ross Greene**  More information about Friends, including Executive Members, Building Reps, and Local & National Resources can be found at the website below.  www.friendsofdifferentlearners.org | Resources Recommended By  Kelsey Arsenault, BPS Counselor  Gretchen Moran Marsh, Ph.D.  Licensed Clinical Psychologist  Sarah Murray, Ph.D. Licensed Clinical Psychologist  Elizabeth Gumbis, Licensed Clinical Social Worker & Mindfulness Teacher  Friends is a safe, judgment free, place where families can talk about their concerns about their child’s challenges. We offer support and guidance – and to help you figure out... |
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