| https://lh6.googleusercontent.com/kzfYsDzmuXFb8EKgv9jdrKMd1smKI5Liff5y_rSfs_LVEVnEYJ1mmtACcoIMEzacqXha1mE1OLKrydDcNyBEwu8a17ujXYHZOf4MclNaoEQWn6j8fFAgxmeZ48OOcmSIiHjy3RWb6KmaaYf_TgAnxiety & 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 ByKelsey Arsenault, BPS CounselorGretchen 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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