

READING LIST FOR MOOD AND GENERAL ANXIETY

Your Anxious Child: How Parents and Teachers Can Relieve Anxiety in Children, by John Dacey and Lisa Fiore.

Keys to Parenting Your Anxious Child, by Katharina Manassis.

Sticks and Stones, by S. Cooper.

Lonely, Sad and Angry: A Parent's Guide to Depression in Children and Adolescents, by Barbara Ingersoll, Ph.D. and Sam Goldstein, Ph.D.

Kid Power: Tactics for Dealing with Depression, by Nicholas and Susan Dubuque.

What to do When you Worry Too Much: A Kid's Guide to Overcoming Anxiety by Dawn Huebner, PhD, 2006.

Mind Over Mood: Change How You Feel by Changing the Way You Think, by Dennis Greenberger PhD and Christine A Padesky PhD

Stopping the Pain: A Workbook for Teens Who Cut and Self-Injure by Lawrence E Shapiro PhD, 2008.