



Suggested Summer 2015 Reading List

A Community Benefit Program of South Shore Hospital

Topics of interest for anyone raising, educating, mentoring, coaching or related to a child between the ages of 5-21!



Highlighted Book:

1. *"Anxiety and Depression in the Classroom: A Teacher's Guide to Fostering Self-Regulation in Young Students,"* by Nadja Reilly Ph.D., published by Norton, May 2015.

Suggested Books

2. *"Where You Go Is Not Who You'll Be: An Antidote to the College Admissions Mania,"* by Frank Bruni, published by Grand Central Publishing, 2015. Visit the author's website: <http://bit.ly/1eYhWa4>
3. *"Sharing My Stones,"* by Marianne Angelillo, published by Tate Publishing, 2014, To visit the related website, The Mathew Angelillo Story visit: <http://bit.ly/1Iq1dGj>
4. *"No Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind,"* by Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph.D.; published by Bantam Books, 2014. Visit Dr. Siegel's website at: <http://bit.ly/drdanielsiegel> and Dr. Payne Bryson's website at: <http://bit.ly/tinapbrysonphd>
5. *"Better Than Before: Mastering the Habits of Our Everyday Lives,"* by Gretchen Rubin, published by Crown Publisher, March 2015. Visit the author's website: <http://bit.ly/1KkMXB9>
6. *"Lyme Rage: A Mother's Struggle To Save Her Daughter From Lyme Disease,"* by Mindy Haber LCSW-R, CASAC; published by Epigraph Publishing Service, 2014. Visit the author's website at: <http://bit.ly/mindyhaber>
7. *"Bringing Up Bébé: One American Mother Discovers the Wisdom of French Parenting,"* by Pamela Druckerman, published by Penguin Books, 2014. Visit the author's website: <http://bit.ly/1GIYnCW>
8. *"Heroin/Opioid Addiction and Recovery for Teens and Young Adults: A Complete A to Z Guide for All Concerned,"* by Steven Fiorito, B.S., C.A.D.C., M.I.S.A.-I; published by Street Light Publishing and Production Co. Ltd. 2014.