



Suggested Winter/Spring 2016 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 Books:

1. *"Ready, Set, Breathe: Practicing Mindfulness with Your Children for Fewer Meltdowns & a More Peaceful Family,"* by Carla Naumburg, Ph.D.; published by New Harbinger Publications, Inc., 2015. Visit the author's website at: <http://bit.ly/1LJgXCW>

Suggested Books

2. *"Stressed Out! For Teens,"* by Ben Bernstein, Ph.D.; published by Familius, LLC. 2014. To learn more visit: <http://bit.ly/1LDoeIt>
3. *"I Am Yoga,"* by Susan Verde and Peter Reynolds; published by Harry N. Abrams, 2015. Visit Susan Verde's website at: <http://bit.ly/1gJlwFi>
4. *"Good Night Yoga: A Pose by Pose Bedtime Story,"* by Mariam Gates and illustrated by Sara Jane Hinder, Published by Sounds True, April 2015. To view a YouTube video of this book being read and a relaxation meditation visit: <http://bit.ly/1NZvv5x>
5. *"Guided Imagery for Healing Children and Teens: Wellness Through Visualization,"* by Ellen Curran, R.N.; published by Atria Books, 2007. To learn more visit: <http://bit.ly/1TspZdN>
6. *"Furiously Happy: A Funny Book About Horrible Things,"* by Jenny Lawson, published by Flatiron Books, 2015. To visit the author's page visit: <http://bit.ly/1JfV7G6>
7. *"Brave Enough"* by Cheryl Strayed, published by Knopf, 2015. To learn more visit: <http://bit.ly/1IVOFAh>
8. *"The Garden Classroom: Hands-on Activities in Math, Science, Literature & Art for Children ages 4-8,"* by Cathy James; published by Roost Books, 2015. To learn more and for a few free downloads visit: <http://bit.ly/1PWypM5>



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