

SMART BOOKS – available at Marlborough District Council Libraries.

Child & Family Book List

ANGER

Angry children, worried parents: 7 steps to help families manage anger.

Sam Goldstein

A programme for anger management with teenagers.

Neil Grant

A volcano in my tummy: helping children to handle anger .

Warwick Pudney

Taming the Dragon in your child.

Meg Easterman/Sydney Rozen

BEHAVIOUR

Bad Behaviour, tantrums & tempers: tried & tested ways of helping your child cope with strong emotions.

John Pearce

Children are people too: a parent's guide to young children's behaviour.

Louise Porter

Raising Happy Children.

Jan Parker/Jan Stimpson

The good behaviour book: how to have a better-behaved child from birth to age 10.

William Sears

Toddlers' tantrums & other bad behaviour.

Alison Mackonochie

Parenting the defiant child: the Kazdin method for managing difficult behaviour.

Alan Kazdin

Toddler taming: the guide to your child's behaviour from one to four.

Alison Mackonochie

BEREAVEMENT

Caring for your grieving child: engaging activities for dealing with loss and transition.

Martha Wakenshaw

Helping children grieve: when someone they love dies.

Theresa Huntley.

How do we tell the children? A parent's guide to helping children understand and cope when someone dies.

Dan Schaefer

How to help a child cope with grief.

Janice Perkins.

Why did Daddy die? Helping children cope with the loss of a parent.

Linda Alderman.

BULLYING

Bully busting: how to help children deal with teasing and bullying.

Evelyn Field

Helping children cope with bullying.

Sarah Lawson

Helping children deal with bullying.

Jenny Mosley

CONFIDENCE AND SELF ESTEEM

Confident children: developing your child's self-esteem.

Glen Stenhouse

Parent talk: how to talk to your children in language that builds self-esteem.

Chick Moorman

Self-esteem for boys: 100 tips for raising happy and confident children.

Elizabeth Hartley-Brewer

Self-esteem for girls: 100 tips for raising happy and confident children.

Elizabeth Hartley-Brewer

DEPRESSION

Depression in adolescents and young people.

Black Dog Institute

Recovering from depression: a work book for teens.

Mary Copeland

DEVELOPMENT

The incredible needs of children: what every child must have to grow, learn and flourish.

T. Berry Brazelton

The Social Baby.

Lynn Murray/Liz Andrews

The mighty toddler: the growth and development of your toddler.

Robin Barker

Teach your child: how to discover and enhance your child's potential.

Miriam Stoppard

Understanding children's development: a NZ perspective.

Anne Smith

DIVORCE

Caught in the middle: helping children to cope with separation and divorce.

Anne Charlish

The co-parenting survival guide: letting go of conflict after a difficult divorce.

Elizabeth Thayer

Making divorce easier on your child: 50 effective ways to help children adjust.

Nicholas Long

Parenting after separation: making the most of family changes.

Jill Burrett

Talk to kids – about divorce: a book for adults and children.

Nora Duffield

What to tell the kids about your divorce.

Darlene Weyburne

NEW PARENTS

Conception, pregnancy and Birth.

Miriam Stoppard

The everything father-to-be book: a survival guide for men.

Kevin Nelson

The Fat Ladies Club.

Hilary Gardiner

Secrets of the Baby Whisperer.

Tracey Hogg

The NZ pregnancy book: conception, pregnancy, birth and life.

Sue Pullon

POTTY TRAINING

A guide to potty training.

Caroline Young

The no-cry potty training solution.

Elizabeth Pantley

Successful potty-training: a practical guide for today's parents.

Heather Welford

SADNESS

Help me, I'm sad: recognising, treating and preventing childhood and adolescent depression.

David Fassler

Lonely, sad and angry: a parent's guide to depression in children & adolescents.

Barbara Ingersoll

So Young, so Sad, so Listen.

Philip Graham/Carol Hughes

SIBLING RIVALRY

The baffled parent's guide to sibling rivalry.

Mirian Elderman

Mom, he hit me!: what to do about sibling rivalry.

Elaine McEwan

Siblings without rivalry: how to help your children live together so you can live too.

Adele Faber

SLEEP

Night-night: settle down activities for easy bedtimes.

Cynthia McGregor

Silent nights: overcoming sleep problems in babies and children.

Brian Symon

Solving Children's Sleep Problems.

Lynne Quine

The sleep book: teaching your child to sleep through the night.

Kathy Macdonald

STEPFAMILIES

Every step counts: building a healthy step-family.

Christine Tufnell

Stepfamily life: why it is different – and how to make it work.

Margaret Newman

TEENAGERS

Before your teenagers drive you crazy, read this!: battlefield wisdom for stressed out parents.

Nigel Latta

How to talk so Teens will listen and Listen so Teens will Talk.

Adele Faber/Elaine Mazlish

For parents and teenagers: dissolving the barrier between you and your teen.

William Glasser

Parenting teenagers: a self-help guide for NZ parents.

Kate Birch

Surviving adolescents: the must-have manual for all parents.

Michael Carr-Gregg

You and your teenager: a parent's guide to making the most of the teen years.

John Court

WORRIES AND FEARS

Helping your anxious child: a step-by-step guide for parents.

Ronald Rapee

Huge Bag of Worries.

Virginia Ironside

The everything parent's guide to children with anxiety.

Ilyne Sandas

Adult book list

Anger

Dealing with anger: self-help solutions for men.

Frank Donovan

Feeling angry, playing fair.

Ken McMaster

Managing anger at work

Mary Hartley

Managing Anger

Gael Lindenfield

Overcoming anger and irritability

Will Davies

Women, anger & depression: strategies for self-empowerment

Lois Frankel

Anorexia Nervosa

Anorexia nervosa: a survival guide for families, friends and sufferers

Janet Treasure

Beginner's guide to eating disorders recovery

Nancy Kolodny

Eating disorders: the facts.

Suzanne Abraham

Overcoming anorexia nervosa

Chris Freeman

Anxiety

The anxiety answer book

Laurie Helgoe

Choose to be Happy

Wayne Froggatt

Coping successfully with panic attacks

Shirley Trickett

Fearless: your guide to overcoming anxiety

Wayne Froggatt

Letting go of anxiety and depression

Windy Dryden

Living with fear: understanding and coping with anxiety.

Isaac Marks

Overcoming anxiety

Helen Kennerly

Thoughts and feelings : taking control of your moods and your life

Matthew McKay, et al

Assertiveness

The assertiveness handbook

Mary Hartley

Feel the fear and do it anyway

Susan Jeffries

How to cope with people who drive you crazy

Paul Hauck

Bereavement

Coping with grief.

Mal McKissock

I can't stop crying: it's so hard when someone you love dies.

John Martin

Living with loss and grief: letting go and moving on

Julia Tugendhat

Binge-eating disorder & Bulimia nervosa

Anorexia and Bulimia: the hungry heart: NZ women talk...

Angela McCarthy

Bulimia nervosa and binge eating – a guide to recovery

Peter Cooper

Eating disorders: anorexia nervosa, bulimia, binge-eating and others.

Jim Kirkpatrick

Food for fuel not feelings: a companion for binge eating disorder and bulimia recovery.

Alice Hansen

Overcoming binge eating

Chris Fairburn

Depression

Beating stress, anxiety & depression: groundbreaking ways to help you feel better.

Jane Plant

Beating the blues: a self-help approach to overcoming depression

Susan Tanner

Depressed and anxious: the dialectical behaviour therapy workbook for overcoming depression and anxiety

Thomas Marra

Depression explained; how you can help when someone you love is depressed.

Gwendoline Smith

I had a black dog, his name was depression.

Matthew Johnstone

Living with the black dog

Matthew & Ainsley Johnstone

Mind over mood

Dennis Greenberger

Out of the blue: living with depression & anxiety in New Zealand.

Stephanie Weaver

Overcoming depression

Windy Dryden

Overcoming depression

Paul Gilbert

Overcoming depression & low mood: a 5 areas approach

Chris Williams

The 7 steps to overcoming depression and anxiety

Gary Null

Taming the black dog: a guide to overcoming depression

Bev Aisbett

The Feeling Good Handbook

David Burns

The van Gogh blues: the creative person's path through depression.

Eric Maisel

Gambling

Gambling in New Zealand

Bruce Curtis

Head Injury

Just a bang on the head: living with a brain injury

Rosie Belton

Manic Depression (bipolar disorder)

Bipolar and pregnant: how to manage and succeed in planning and parenting while living with manic depression.

Kristin Finn

Coping with bipolar disorder; a guide to living with manic depression.

Steven Jones

Life on a roller-coaster

Madeleine Kelly

A lifelong journey; staying well with manic depression

Sarah Russell

Men and mental health

Is he depressed or what? What to do when the man you love is irritable, moody and withdrawn

David Wexler

What men don't talk about

Maggie Hamilton

Mindfulness

Finding the stillness within a busy world

Sue Vaughan

Instant calm: over 100 successful techniques for relaxing mind and body.

Paul Wilson

The three minute meditator: reduce stress, control fear, diminish anger in almost no time at all, anywhere, anytime

David Harp

Obsessions and compulsions

Coping with OCD: practical strategies for living well with obsessive-compulsive disorder.

Bruce Hyman

Obsessive-compulsive disorder: the facts.

Padmal De Silva

Overcoming obsessive compulsive disorder: a self-help guide

David Veale

The OCD workbook: your guide to breaking free from obsessive compulsive disorder

Cherry Pedrick

Pain

Alternative answers to pain

Richard Thomas

Manage your pain: practical and positive ways of adapting to chronic pain.

M.K. Nicholas

Mayo Clinic on chronic pain.

David Swanson

The New Zealand guide to managing chronic pain

Jean Craig

Overcoming chronic pain

Frances Cole, MacDonald, Carus, Leach

Panic

Coping successfully with panic attacks

Shirley Trickett

An end to panic; breakthrough techniques for overcoming panic disorder

Elke Zuercher-White

Overcoming panic
Derrick Silove

Living with IT: a survivors guide to panic attacks
Bev Aisbett

PTSD/Trauma

Coping with post-trauma stress
Frank Parkinson

Overcoming traumatic stress
Claudia Herbert

Overcoming childhood trauma
Helen Kennerley

Self-esteem

Creating happiness intentionally
Sandy Macgregor

Overcoming low self-esteem
Malanie Fennell

Self-esteem
Gael Lindenfield

Ten days to great self-esteem
David Burns

Sexual problems

Overcoming sexual problems
Vicki Ford

Resurrecting sex; resolving sexual problems and rejuvenating your relationship
David Schnarch.

Child sexual abuse (adult survivors)

Beginning to heal; a first book for survivors of child sexual abuse
Ellen Bass

Breaking free
Carolyn Ainscough

Ghosts in the bedroom: a guide for partners of incest survivors
Ken Graber

The invisible wound: a new approach to healing childhood sexual abus
Wayne Kritsberg

The courage to heal
Ellen Bass

Warriors of truth; adult survivors healing from child sexual abuse
Kim McGregor

Social Anxiety/Social Phobia

Overcoming social anxiety and shyness
Gillian Butler

Performance anxiety: overcoming your fear in the workplace and social situations.
Mitchell Robin

Triumph over shyness: conquering shyness and social anxiety
Murray Stein

Stress

Good stress: the life that can be yours.
Wayne Froggatt

Slowing down to the speed of life: how to create a more peaceful, simpler life
Richard Carlson

Take control of your life: the five-step plan to health and happiness
Gail Ratcliffe

The relaxation and stress reduction workbook *Martha Davis*