



Judith M. Glasser, Ph.D.

www.judithglasser.com

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Parenting Resources:

1. ***Effective Parenting for the Hard-To-Manage Child: A Skills Based Book.*** Georgia Degangi and Anne Kendall (2008). New York: Routledge Taylor and Francis Group.
2. ***The explosive child: a new approach for understanding and parenting easily frustrated, chronically inflexible children.*** Ross Greene (2010). New York: Harper Collins Publishers.
3. ***My Feeling Better Workbook: Help for Kids Who are Sad & Depressed.*** Sara Hamil (2008). Oakland, CA: New Harbinger Publications.
4. ***Parenting A Child Who Has Intense Emotions: Dialectical Behavior Therapy Skills to Help Your Child Regulate Emotional Outbursts & Aggressive Behaviors.*** Pat Harvey and Jeanine Penzo (2009). Oakland, CA: New Harbinger Publications, Inc.
5. ***The Kazdin Method for Parenting the Defiant Child*** Alan Kazdin (2009).,Mariner Books.
6. ***The Zones of Regulation: A Curriculum Designed to Foster Self-Regulation and Emotional Control*** Leah Kuypers (2011) Think Social Publishing, Inc.
7. ***Cool, Calm, Confident: A Workbook to Help Kids Learn Assertiveness Skills*** Lisa Schab, Lisa (2009). Oakland, CA: New Harbinger Publications.
8. ***The Relaxation and Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety and Transitions.*** Lawrence Shapiro and Robin Sprague (2009). Oakland, CA: New Harbinger Publications
9. ***Think Good-Feel Good: A Cognitive Behavior Therapy Workbook for Children and Young People*** Paul Stallard (2002). . New Jersey: John Wiley & Sons, Ltd.
10. ***Treating Explosive Kids: The Collaborative Problem-Solving Approach*** Ross Greene (2006). The Guilford Press.



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Books for Kids

Learning to Feel Good and Stay Cool: Emotional Regulation Tools for Kids with AD/HD; Judith Glasser and Kathleen Nadeau, Magination Press, 2014

What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety (What to Do Guides for Kids) [Paperback] Author, Bonnie Matthews, Magination Press, 2005

What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD (What-to-Do Guides for Kids) [Paperback] Bonnie Matthews, Magination Press, 2007.

What to Do When You Grumble Too Much: A Kid's Guide to Overcoming Negativity (What to Do Guides for Kids) [Paperback] Bonnie Matthews, Magination Press, 2008

What to Do When You Dread Your Bed: A Kid's Guide to Overcoming Problems With Sleep (What to Do Guides for Kids) [Paperback], Bonnie, Matthews, Magination Press. 2008

What to Do When Bad Habits Take Hold: A Kid's Guide to Overcoming Nail Biting and More (What to Do Guides for Kids) [Paperback] Bonnie Matthews, Magination Press, 2008

Sometimes I Worry Too Much, But Now I Know How to Stop [Paperback] Dawn Huebner, Magination Press, 2003

What to Do When Your Temper Flares: A Kid's Guide to Overcoming Problems with Anger. Dawn Huebner, Magination Press, 2008



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Meditation Resources

CDs

Indigo Ocean Dreams: 4 Children's Stories Designed to Decrease Stress, Anger and Anxiety while Increasing Self-Esteem and Self-Awareness [Audio CD] Stress Free Kids, 2005

Indigo Dreams: Kids Relaxation Music Decreasing Stress, Anxiety and Anger, improve sleep.

Lori Lite, David "Taho" Jacopin | Format: Audio CD , Stress Free Kids, 2010

Indigo Dreams: Rainforest Relaxation, Decrease Worry, Fear, Anxiety, Improve Sleep, Well Being, Creativity [Single]

Lori Lite | Format: Audio CD, Stress Free Kids, 2010

Indigo Dreams: Garden of Wellness Stories And Techniques Designed to Decrease Stress, Anger, Anxiety While Promoting Self-esteem ages 5-10 (Indigo Dreams)

Lori Lite | Format: Audio CD , Stress Free Kids, 2006

Rainbows and Sunshine (AGES 6:11) relaxation CD created with pediatricians for home/hospital; uses children's guided imagery and other healing techniques. For bedtime, insomnia, anxiety, asthma, IBS, cancer, ADD, surgery... HEAR SAMPLES AT AIRY-MELODY.COM [Single]

Airy Melody | Format: Audio CD , Airy Melody Music LLC, 2008

Mindfulness for Beginners

Jon Kabat-Zinn | Format: Audio CD , MDZN, 2007



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Books

Sensational Meditation for Children Child-Friendly Meditation Techniques based on The Five Senses Satya International, Inc.; First edition (July 1, 2008)

Peaceful Piggy Meditation (Albert Whitman Prairie Books)

Kerry Lee Maclean (Author), Kerry Maclean (Illustrator)
Albert Whitman & Company; 1 edition (January 1, 2004)

Sitting Still Like a Frog: Mindfulness Exercises for Kids (and their parents);
Eline Snel, Shambhala, Boston, 2013

Teaching Meditation to Children: The Practical Guide to the Use and Benefits of Meditation Techniques David Fontana (Author), Ingrid Slack (Author) Watkins; 1 edition (August 1, 2007)

Starbright--Meditations for Children [Paperback]

Maureen Garth, HarperOne; 1 edition (October 25, 1991)

Moonbeam: A Book of Meditations for Children [Paperback]

Maureen Garth (Author) , HarperOne; 1 edition (March 5, 1993)

Earthlight [Paperback]

Maureen Garth (Author) , HarperOne (October 6, 1997)