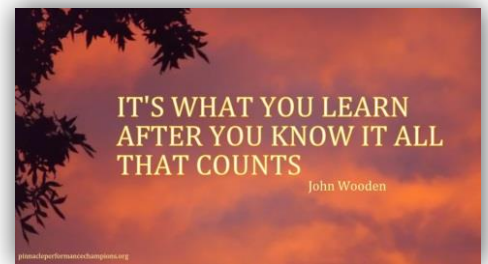


Reading Recommendations

Distributed by Karen Moon LCSW – at the conclusion of “**Parenting Teens with a Positive Twist**,” an ARCH Community Conversation held on September 24, 2014, at the T/E Administrative Offices



[Brainstorm](#) by Daniel Siegel

In *Brainstorm*, Siegel illuminates how brain development impacts teenagers' behavior and relationships. Drawing on important new research in the field of interpersonal neurobiology, he explores exciting ways in which understanding how the teenage brain functions can help parents make what is in fact an incredibly positive period of growth, change, and experimentation in their children's lives less lonely and distressing on both sides of the generational divide.

[The Gift of the Ordinary Day](#) by Katrina Kenison

Katrina Kenison illuminates many mothers' most intimate fears and desires by so poignantly describing her own. Through the tumult of relocating from a Boston suburb to a small New England town, her sons' adolescent years, the challenges of new schools, college admissions, and career changes, and creating a new home for her family, she finds that she treasures the ordinary, unremarkable moments of everyday life the most — the very moments she once hardly noticed at all. Her moving story will help every woman make peace with life's inevitable changes.

- Also recommended from Kenison, *Mitten Strings for God* and *Magical Journey*

[Everyday Blessings](#) by Myla and John Kabat-zinn

The bestselling author of *Wherever You Go, There You Are* and *Full Catastrophe Living* joins forces with his wife, Myla, in this groundbreaking revised edition of the classic book about mindfulness in parenting children of all ages.

[Flourish](#) by Martin Seligman

Seligman, a psychology professor at the University of Pennsylvania and the guru of the "positive psychology" movement, abandons his previous emphasis on happiness, which he now views as simplistic, to examine how individuals might achieve a richer, multilayered goal: a life of well-being. He identifies four factors that can help individuals thrive: positive emotion, engagement with what one is doing, a sense of accomplishment, and good relationships.

[Quiet](#) by Susan Cain

Passionately argued, impressively researched, and filled with indelible stories of real people, *Quiet* shows how dramatically we undervalue introverts, and how much we lose in doing so.

[Parenting from the Inside Out](#)

by Daniel Siegel & Mary Hartzell

How many parents have found themselves thinking: I can't believe I just said to my child the very thing my parents used to say to me! Am I just destined to repeat the mistakes of my parents? In *Parenting from the Inside Out*, child psychiatrist Daniel J. Siegel, M.D., and early childhood expert Mary Hartzell, M.Ed., explore the extent to which our childhood experiences actually do shape the way we parent.

[Teach Your Children Well](#) by Madeline Levine

Levine's acknowledges that every parent wants successful children, but until we are clearer about our core values and the parenting choices that are most likely to lead to authentic success, we will continue to raise exhausted, externally driven, impaired children who believe that they are "only as good as their last performance." Real success is always an "inside job," argues Levine, and is measured not by today's report card but by the people our children become ten or fifteen years down the line.

- Also recommended from Levine, [The Price of Privilege](#)

[Ten Percent Happier](#) by Dan Harris

Nightline anchor Dan Harris embarks on an unexpected, hilarious, and deeply skeptical odyssey through the strange worlds of spirituality and self-help, and discovers a way to get happier that is truly achievable.

[The Conscious Parent](#) by Shefali Tsabary

Transforming Ourselves Empowering our Children.

Parents unwittingly pass on an inheritance of psychological pain and emotional shallowness. To handle the behavior that results from this, traditional books on parenting abound with clever techniques for control and quick fixes for dysfunctionality.

Suggested website:

1. www.AuthenticHappiness.com
2. www.VIAcharacter.com —character strength site