

Recommended Reading: Adolescent Development & Emotion Regulation

The Teenage Brain: A Neuroscientist's Survival Guide to Raising Adolescents and Young Adults
Frances E. Jensen, MD

Brainstorm: The Power and Purpose of the Teenage Brain
Daniel J. Siegel, MD

Get Out of My Life, but first could you drive me and Cheryl to the mall?
Anthony Wolf, PhD

Mindfulness Skills for Kids & Teens: A Workbook for Clinicians and Clients
Debra Burdick, LCSWR, BCN

The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are
Daniel J. Siegel, MD

The New Puberty: How to Navigate Early Development in Today's Girls
Louise Greenspan, MD & Julianna Deardorff, PhD

Secrets of the Teenage Brain: Research-Based Strategies for Reaching and Teaching Today's Adolescents Feinstein, Sheryl, EdD

Adolescent Brain Development: Implications for Behavior
Michelle Jetha, PhD & Sidney Segalowitz, PhD

What Are They Thinking?!: The Straight Facts about the Risk-Taking, Social-Networking, still-Developing Teen Brain Aaron M. White, PhD & Scott Swartzwelder, PhD

Why Do They Act That Way? - Revised and Updated: A Survival Guide to the Adolescent Brain You and Your Teen Dr. David Walsh, PhD

The Stress-Proof Brain: Master Your Emotional Response to Stress Using Mindfulness & Neuroplasticity Melanie Greenberg, PhD

Your Child's Growing Mind: Brain Development and Learning From Birth to Adolescence
Jane Healy, PhD

Don't Let Your Emotions Run Your Life For Teens
Sheri Van Dijk, MSW

Stopping the Pain: A Workbook for Teen Who Cut & Self-Injure
Lawrence E. Shapiro, PhD

A Still Quiet Place for Teens: A Mindfulness Workbook to Ease Stress & Difficult Emotions
Amy Saltzman, MD

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