

## Reading List

Last updated: 8/31/21

### Anxiety and Emotions



*How to make a shark smile (JP)*

Achor, Shawn

*A Little Spot of Anxiety (J 152.4 A)*

Alber, Diane

*Things That Go Away (life wisdom)(JP)*

Alemagna, Beatrice

*Me and My Feelings (J 155.41 A)*

Allen, Vanessa

*Riley can't stop crying(JP)*

Boulay, Stephanie

*Apple Cake: a Gratitude (JP)*

Casey, Dawn

*What to do when you worry too much? (J 155.4 H)*

Huebner, Dawn

*My Monster and Me (JP)*

Hussain, Nadiya

*Superpowered (J 155.41 J)*

Jain, Renee

*What should Danny Do series (JP)*

Levy, Adir

*Color Monster (JP)*

Llenas, Anna

*Smarter than a Monster (JP)*

Mull, Brandon

*Don't Worry Book (JP)*

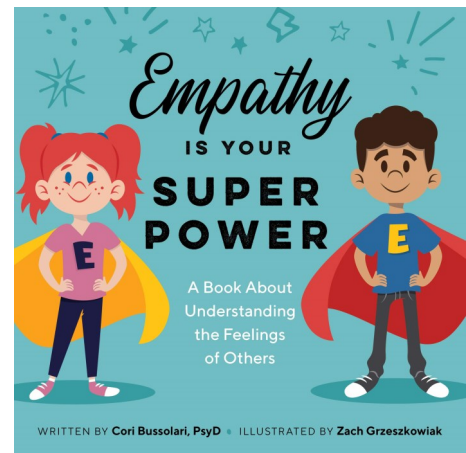
Parr, Todd

*Big Feelings (JP)*

Penfold, Alexandra

*Me and my Fear (JP)*

Sanna, Francesca



### Kindness and Empathy

*Empathy is your Superpower (J 152.4 B)*

Bussolari, Cori

*Pete the Cat's Groovy Guide to Kindness (JP)*

Dean, James

*Kind (JP)*

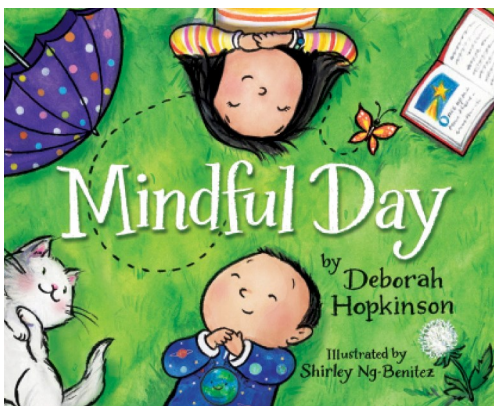
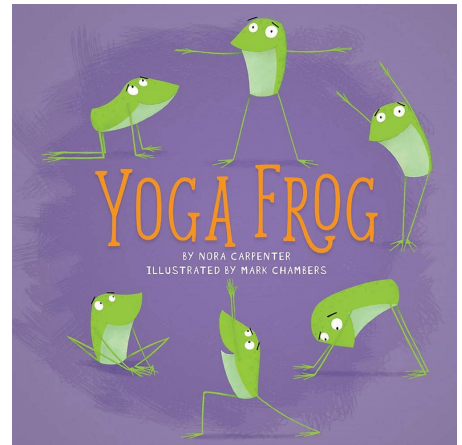
Green, Alison

*Be Kind (JP)*

Miller, Pat

# Mindfulness, Meditation & Yoga

<i>Yoga Frog (JP)</i>	Carpenter, Nora
<i>Happy (JP)</i>	Edwards, Nicola
<i>When you Breathe (JP)</i>	Farid, Diana
<i>Good Morning, Yoga (JP)</i>	Gates, Mariam
<i>Good Night, Yoga (JP)</i>	Gates, Mariam
<i>Mindful Day (JP)</i>	Hopkinson, Deborah
<i>Calm: mindfulness for kids( J 158.13 K)</i>	Kinder, Wyanne
<i>Follow your Breath (J 158.13 R)</i>	Ritchie, Scot
<i>Breathe like a bear (J 158.12 W)</i>	Willey, Kira
<i>You are a lion and other fun yoga poses (JP)</i>	Yoo, Taeun



## Self-Acceptance

<i>The One and Only Sparkella (JP)</i>	Tatum, Channing
<i>I am: why two little words mean so much(JP)</i>	Dyer, Wayne
<i>Unstoppable Me!: 10 Ways to Soar Through Life (JP)</i>	Dyer, Wayne

## Parenting/For Adults

<i>You and your Anxious Child (PC 616.85 A)</i>	Albano, Anne Marine
<i>Unwinding Anxiety (153.8 B)</i>	Brewer, Judson
<i>Understanding Teenage Anxiety : A Parent's Guide to Improving Your Teen's Mental Health (649.12 B)</i>	Browne, Jennifer
<i>Breaking Free of Child Anxiety and OCD (PC 616.85 L)</i>	Lebowitz, Eli
<i>Anxiety Relief for Kids (PC 152.46 W)</i>	Walker, Bridget Flynn