

HELPFUL BOOKS

Depression:

- The feeling good by David Burns
- When someone you know has depression by Susan J Noonan
- The road less traveled by M Scott Peck
- Against depression by Peter D Kramer

Bipolar disorder:

- Unquiet mind by Kay Jamison

Anxiety disorders:

- Dare: the new way to end anxiety and stop panic attacks by Barry McDonagh
- Anxiety and phobia workbook by Edmund J Bourne
- The imp of the mind by Lee Baer
- Getting control - overcoming obsessions and compulsions by Lee Baer
- Freedom from OCD - personalized recovery program by Jonathan Grayson
- Brain lock for OCD by Jeffrey Schwartz
- When perfect isn't good enough by Martin Antony

Hoarding:

- Overcoming compulsive hoarding by Fuentes Neziroglu
- Digging out - helping loved one manage clutter, hoarding and compulsive acquiring by Michael Tompkins

ADHD:

- Driven to distraction by Edward Hallowell

Sleep disorders:

- Reset your inner clock by Ian McMahan and Michael Terman
- Say goodnight to insomnia by Gregg D Jacobs

Mindfulness:

- The Untethered soul by Michael Singer
- Search inside yourself by Chade-Meng Tan
- The now effect: how a mindful moment change the rest of your life by Elisha Goldstein
- A mindfulness based stress reduction workbook by Bob Stahl and Elisha Goldstein

Books for parents:

- Parenting from the Inside Out by Daniel Siegel and Mary Hartzell
- Parent Effectiveness Training by Thomas Gordon
- Skills Training for kids with Behavioral Issues by Michael Bloomquist
- A Child's Guide to Concentrating (or other ADHD books for kids) by Bonita Blazer
- Driven to distraction - by Martin Saligman
- The Optimistic Child: A Proven Program to Safeguard Children Against Depression and Build Lifelong Resilience by Martin Saligman
- Freeing Your Child From OCD by Tamar E. Chansky
- What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD (What-to-Do Guides for Kids) by Dawn Huebner

SMARTPHONE APPLICATIONS

Anxiety: mind shift (teens & young adults)

Relaxation: need to relax, color, bloom

Meditation: Headspace, Stop Breath & Think, Insight Timer, Calm, Simply Being, Relax and Rest, Meditation Oasis, Smiling Mind, 10% Happier

Mind Tracking Apps: Unstuck.com, ACT Coach, Buddhify-mindfulness & meditation

PTSD: PTSD coach

Sleep: CBT I coach, Rain Rain

Sleep Cessation: Smoke-Free

Mindfulness: Insight Timer Meditation App

CBT: TF-CBT Triangle of life

YouTube:

Hot Air Balloon Ride: a Guided Meditation for Kids

4- 7- 8 Breathing Exercise by GoZen