



BOOK LIST RECOMMENDATIONS

“What To Do When You Dread Your Bed” by Dawn Huebner

“What To Do When You Worry Too Much” by Dawn Huebner

“What To Do When Your Brain Gets Stuck” by Dawn Huebner

“What To Do When You Grumble Too Much” by Dawn Huebner

“It’s A Jungle” by Dr Brenda Hayworth

“DARE Response” by Barry McDonagh

“Playing With Anxiety - Casey’s Guide For Teens & Kids”

by Lyn Lions & Reid Wilson

“Can I Tell You About Asperger Syndrome?” by Jude Welton

“My Mixed Emotions” by Elinor Greenwood

“Understanding Myself” by Mary C. Lamia

“Anxious Kids, Anxious Parents” by Lyn Lions & Reid Wilson

“Calm Parents, Happy Kids” by Dr Laura Markham