



FEBRUARY IS PSYCHOLOGY MONTH UPDATE FROM THE PROFESSIONAL LIBRARY

The following books are now available in the CEC Professional Library to support
PSYCHOLOGY MONTH:

ADULTS:

Baker, Dan. **What Happy People Know: How the New Science of Happiness Can Change Your Life for the Better.** St. Martin's Press, c2003

Burmack, Lynell and Lou Fournier. **Enlighten Up! An Educator's Guide to Stress-Free Living.** Alexandria, Va; Association for Supervision and Curriculum Development, c2003

Chasky, Tamar E. **Freeing Your Child from Negative Thinking: Powerful, Practical Strategies to Build a Lifetime of Resilience, Flexibility, and Happiness.** Da Capo Press, c2008

Covey, Stephen R. **The 8th Habit: From Effectiveness to Greatness.** Simon & Schuler, c2005

Everly, George S. **The Resilient Child.** DiaMedica Publishing, c2009

Frankl, Victor F. **Man's Search for Meaning.** Penton Overseas, c1998

Greene, Ross W. **The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children.** 2nd Ed. Quill, c2001

Mcholm, Angela. **Helping Your Child with Selective Mutism: Steps to Overcome a Fear of Speaking.** New Harbinger Publications, c2005

March, John S. **Talking Back to OCD: The Program That Helps Kids and Teens Say No Way –And Parents Say Way To Go.** Guilford Publications, c2006

Merrell, Kenneth W. **Helping Students Overcome Depression and Anxiety: A Practical Guide.** The Guilford Press, c2001

Mitchell, John J. **The Mental and Emotional Life of Teenagers.** Detselig Enterprises Ltd. c2001

Murray, Bob. **Raising an Optimistic Child: A Proven Plan for Depression-Proofing Young Children – For Life.** McGraw-Hill, c2006

Peterson, Christopher. **A Primer in Positive Psychology.** Oxford University Press, c2006

Quinn, Patricia O. and Stern, Judith M. **Putting on the Brakes: Understanding and Taking Control of Your ADD or ADHD.** Magination Press, c2009

Reivich, Karen and Andrew Shatte. **The Resilience Factor: 7 Keys to Finding Your Inner Strength and Overcoming Life's Hurdles.** Broadway Press, c2003

Stein, Steven J. **The EQ Edge: Emotional Intelligence and Your Success.** Multi-Health Systems Inc., c2000

Seligman, Martin. **The Optimistic Child: A Proven Program to Safeguard Children Against Depression and Build Lifelong Resilience.** Houghton Mifflin Harcourt, c2007

Seligman, Martin E.P. **Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment.** Free Press, c2004

Seligman, Martin. **How to Change Your Mind and Your Life.** Vintage Press, c2006

Walsh, Roger. **Essential Spirituality: The 7 Central Practices to Awaken Heart and Mind.** Wiley Pub., c2000

YOUTH:

Covey, Sean. **The 7 Habits of Highly Effective Teens.** Running Press, c2003

Covey, Sean. **The 7 Habits of Highly Effective Teens Workbook.** Running Press, c2003

McGraw, Jay. **Life Strategies for Teens.** Simon & Schuster, c2000

CHILDREN:

Buron, Kari D. **When My Worries Get Too Big: A Relaxation Book for Children Who Live With Anxiety.** Autism Asperger Publishing Company, c2006

Crist, James J. **What to Do When You're Scared & Worried: A Guide for Kids.** Free Spirit Publishing, c2004

Curtis, Jamie Lee. **I'm Gonna Like Me: Letting Off a Little Self-Esteem.** Joanna Cotler Books, c2002

Grass, Gayle. **Hole in One - A Tale From the Iris the Dragon Series.** Iris the Dragon, c2008

Hauser, Jill Frankel. **The Kid's Guide to Becoming the Best You Can Be!** Williamson Books, c2006

Huebner, Dawn. **What to Do When You Worry Too Much.** Magination Press, c2006

Heubnew, Dawn and Bonnie Matthews. **What to Do When You Grumble Too Much: A Kid's Guide to Overcoming Negativity.** Magination Press, c2006

Lecoy, Denise and Kerry Lee Maclean. **Peaceful Piggy Meditation.** Alfred Whitman, c2006

Spelman, Henry. **When I Feel Angry.** Albert Whitman, c2000

Spelman, Cornelia Maude. **When I Feel Sad.** Albert Whitman, c2000

Spelman, Cornelia Maude. **When I Feel Scared.** Albert Whitman, c2002

Sperring, Mark. **Wanda's First Day.** The Chicken House, c2004

Thompson, Lauren. **Hope is an Open Heart.** Scholastic Press, c2008

Wolff, Ferida and Harriet May Savits. **Is a Worry Worrying You?** Tanglewood c2005

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