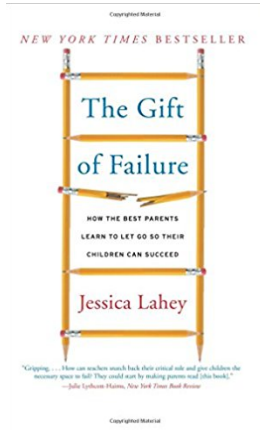


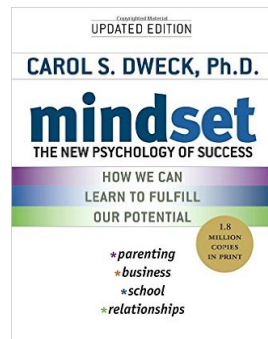
Issaquah High School PTSA Parent Education Library

(Descriptions taken from Amazon or review articles)



The Gift of Failure By Jessica Lahey

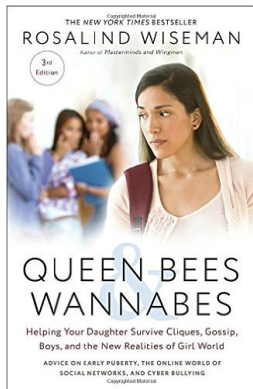
This groundbreaking manifesto focuses on the critical school years when parents must learn to allow their children to experience the disappointment and frustration that occur from life's inevitable problems so that they can grow.



Mindset

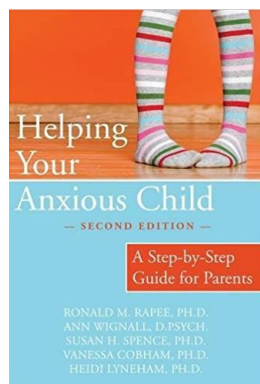
By Carol Dweck, PhD

After decades of research, world-renowned Stanford University psychologist Carol S. Dweck, Ph.D., discovered a simple but groundbreaking idea: the power of mindset. In this brilliant book, she shows how success in school, work, sports, the arts, and almost every area of human endeavor can be dramatically influenced by how we think about our talents and abilities. People with a *fixed mindset*—those who believe that abilities are fixed—are less likely to flourish than those with a *growth mindset*—those who believe that abilities can be developed. **Mindset** reveals how great parents, teachers, managers, and athletes can put this idea to use to foster outstanding accomplishment.



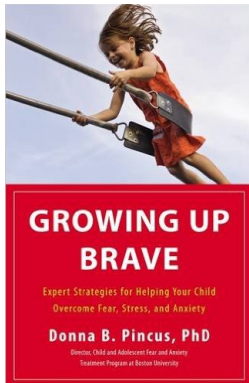
Queen Bees and Wannabes: Helping Your Daughter Survive Cliques, Gossip, Boyfriends, and Other Realities of Adolescence By Rosalind Wiseman

"**QUEEN BEES & WANNABES** is the definitive guide for parents to crack the "girl code" and understand the powerful role that cliques play in shaping every aspect of adolescent girls' lives."



Helping Your Anxious Child **A Step-by-Step Guide for Parents** by Ronald Rapee, PhD, Ann Wignall, D. Psych, et.

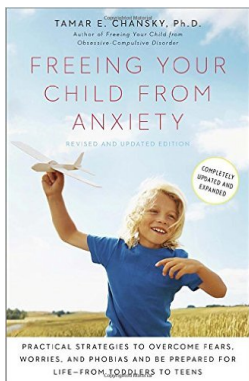
Though some fears are a normal part of child development, excessive fears and worries—phobias, separation anxiety, panic attacks, social anxiety, or obsessive-compulsive disorder can hold children back and keep them from fully enjoying childhood. If your child suffers from any of these forms of anxiety, the program in this book offers practical, scientifically proven tools that can help.



Growing Up Brave

By Donna Pincus

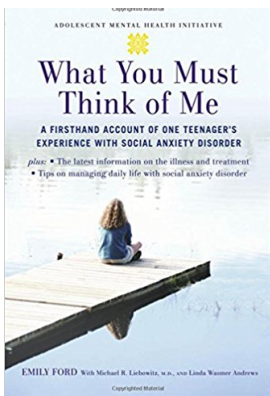
In *Growing Up Brave*, Dr. Pincus helps parents identify and understand anxiety in their children, outlines effective and convenient parenting techniques for reducing anxiety, and shows parents how to promote bravery for long-term confidence. From trouble sleeping and separation anxiety to social anxiety or panic attacks, *Growing Up Brave* provides an essential toolkit for instilling happiness and confidence for childhood and beyond.



Freeing Your Child from Anxiety

By Tamar Chansky, PhD

contains easy, fun, and effective tools for teaching children to outsmart their worries and take charge of their fears. This revised and updated edition also teaches how to prepare children to withstand the pressure in our competitive test-driven culture. Learn the tips, techniques, and exercises kids need to implement the book's advice right away, including "How to Talk to Your Child" sections and "Do It Today" activities at the end of each chapter. These simple solutions can help parents prevent their children from needlessly suffering today—and ensure that their children have the tools they need for a good life tomorrow.

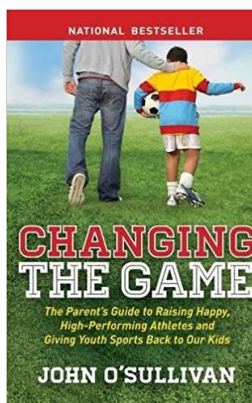


What You Must Think of Me

By Emily Ford

We've all felt occasional pangs of shyness and self-consciousness, but for the 15 million Americans with social anxiety disorder, the fear of being scrutinized and criticized can reach disabling proportions. Such was the case for Emily Ford, who shares her firsthand experiences in these pages. Emily's true story of fear, struggle, and ultimate triumph is sure to resonate with other socially anxious teenagers and young adults.

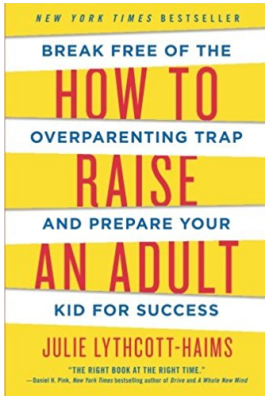
Emily's frank, often witty, sometimes poignant account of how she negotiated all the obstacles of social anxiety--and eventually overcame them with the help of therapy and hard work--makes for compelling reading. Yet this book is more than just a memoir. Emily's story is coupled with the latest medical and scientific information about the causes, diagnosis, treatment, and self-management of social anxiety disorder (or SAD).



Changing the Game

By John O'Sullivan

John O'Sullivan draws upon three decades of high level playing and coaching experience to take us behind the scenes of competitive youth sports, and demonstrates how they have changed from being a fun pastime to an ultra competitive, adult centered enterprise that is failing our children. He then teaches parents that the secret to raising happy, high performing children begins by helping them attain a positive mindset, and an enjoyable youth sports environment. By following seven actionable principles of high performance, parents can give their children a competitive edge, while at the same time making youth sports a positive experience for their family, their community, and their country.

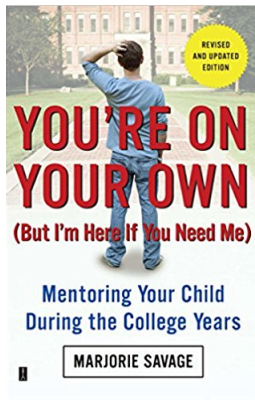


How to Raise an Adult

By Julie Lythcott-Haims

The author draws on research, on conversations with admissions officers, educators, and employers, and on her own insights as a mother and as a student dean to highlight the ways in which overparenting harms children, their stressed-out parents, and society at large. While empathizing with the parental hopes and, especially, fears that lead to overhelping, Lythcott-Haims offers practical alternative strategies that underline the importance of allowing children to make their own mistakes and develop the resilience, resourcefulness, and inner determination necessary for success.

Relevant to parents of toddlers as well as of twentysomethings--and of special value to parents of teens--this book is a rallying cry for those who wish to ensure that the next generation can take charge of their own lives with competence and confidence.

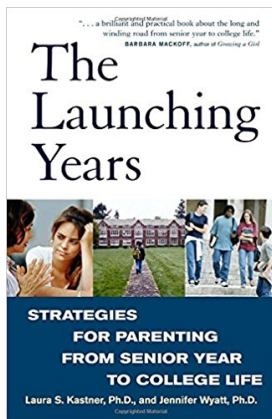


You're On Your Own (But I'm Here If You Need Me)

By Marjorie Savage

Parents whose kids are away at college have a tough tightrope to walk: they naturally want to stay connected to their children, yet they also need to let go. What's more, kids often send mixed messages: they crave space, but they rely on their parents' advice and assistance. Not surprisingly, it's hard to know when it's appropriate to get involved in your child's life and when it's better to back off.

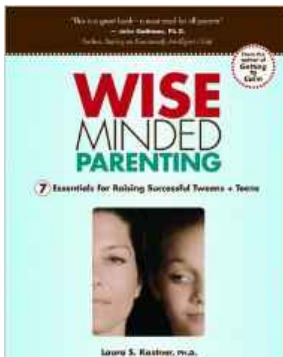
You're On Your Own (But I'm Here If You Need Me) helps parents identify the boundaries between necessary involvement and respect for their child's independence. Marjorie Savage, who as a parent herself empathizes with moms and dads, but who as a student services professional understands kids, offers advice on wide-ranging issues.



The Launching Years: Strategies for Parenting From Senior Year to College Life

By Laura Kastner, PhD and Jennifer Wyatt, PhD

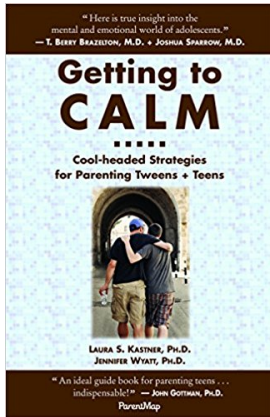
Launching a child from home is second only to child-birth in its impact on a family. Parents can end up reeling with the empty-nest blues, while teens find their powers of self-reliance stretched to the breaking point. During the time of upheaval that begins senior year of high school with the nerve-racking college application process and continues into the first year of life away from home, ***The Launching Years*** is a trusted resource for keeping every member of the family sane. From weathering the emotional onslaught of impending separation to effectively parenting from afar, from avoiding the slump of "senioritis" to handling the newfound independence and the experimentation with alcohol and sexuality that college often involves, ***The Launching Years*** provides both parents and teens with well-written, down-to-earth advice for staying on an even keel throughout this exciting, discomforting, and challenging time.



WiseMinded Parenting

By Laura Kastner, PhD

Raising a happy and successful teenager is a challenge for any parent, even the most patient and wisest among us. Parenting adolescents requires all sorts of skills that most of us don't naturally possess. In this down-to-earth, practical guide, you'll learn how to tap your "wise mind" to calmly navigate even the stormiest of parenting moments.



Getting to Calm

By Laura Kastner, PhD and Jenni

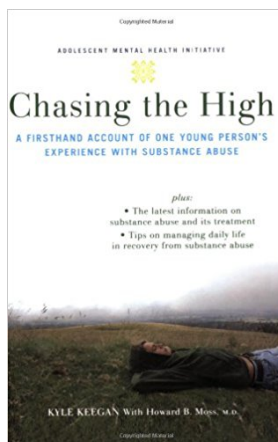
Parenting a teenager is tougher than ever, but new brain research offers new insight into the best way to connect with teens. With humor, wisdom and a deep understanding of the teenaged brain, noted teen expert Dr. Laura Kastner shows parents how to stay calm and cool-headed while dealing with hot-button issues everything from rude attitude and lying to sex and substance use -- with clear, easy-to-follow suggestions for setting limits while maintaining a close and loving relationship. Find out why Dr. T. Berry Brazelton calls **Getting to Calm** required reading for any parent who struggles with their teen!



Glow Kids: How Screen Addiction Is Hijacking Our Kids--and How to Break the Trance

By Nicholas Kardaras

Kardaras will dive into the sociological, psychological, cultural, and economic factors involved in the global tech epidemic with one major goal: to explore the effect all of our wonderful shiny new technology is having on kids. *Glow Kids* also includes an opt-out letter and a "quiz" for parents in the back of the book.



Chasing the High

By Kyle Keegan

Kyle was like many teenagers: eager to fit in at school, he experimented with alcohol and drugs. Soon, his abuse of these substances surpassed experimentation and became a ruthless addiction to heroin that nearly destroyed his life.

Now in recovery, Keegan tells his remarkable story in *Chasing the High*. Starting with the early days of alcohol and drug use, Keegan charts his decline into crime and homelessness as his need for heroin surpassed all thoughts of family and friends, of right and wrong. He then goes on to use these experiences to offer guidance and practical advice to other young people who may be struggling with substance abuse. In straightforward, easy-to-understand language and along with the psychiatric expertise of Howard Moss, MD, Keegan discusses what is known about the neurobiology of addiction in young people, how to seek treatment, and how to get the most out of professional help. He also covers such topics as therapies which are used to combat addiction, how to talk to families and friends about substance abuse, and how to navigate risky situations. Both an absorbing memoir and a useful resource for young people.

Part of the Adolescent Mental Health Initiative series of books written specifically for teens and young adults, *Chasing the High* offers hope to young people who are struggling with substance abuse, helping them to overcome its challenges and to go on to lead healthy, productive lives.