

Dr. W's Parent Support Group Book Recommendations



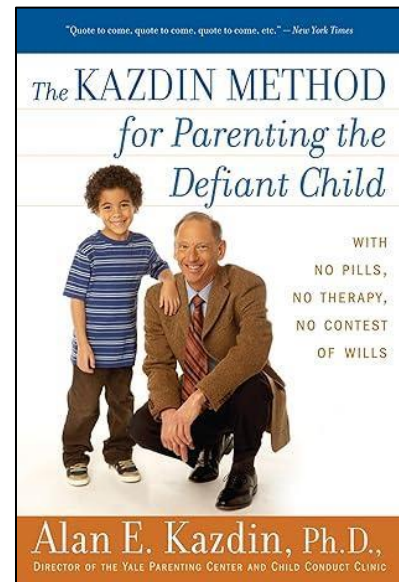
The Kazdin Method for Parenting the Defiant Child

by Alan E. Kazdin (Author)

Discover a transformative handbook for parents dealing with children who are occasionally, or too often, “out of control.” This guide includes a bound-in, twenty-minute DVD featuring Dr. Kazdin and his team, demonstrating the key concepts of the Kazdin Method.

Unlike typical child-behavior books that offer advice aligned with common parenting beliefs—advice that Dr. Kazdin proves is often ineffective—the Kazdin Method for Parenting the Defiant Child presents a scientifically backed program that has stood the test of time through extensive research.

Dr. Kazdin debunks longstanding myths about tantrums, time-outs, punishments, and more. Drawing from the practicality of Ferber and the warmth of Brazelton, he walks parents through each step of his method, showing how to use tone of voice, when and how to use touch, conduct “practice” sessions, adapt strategies for different age groups, involve siblings, and much more. The program is temporary, but the positive results are lasting—for young children, adolescents, and even beyond.



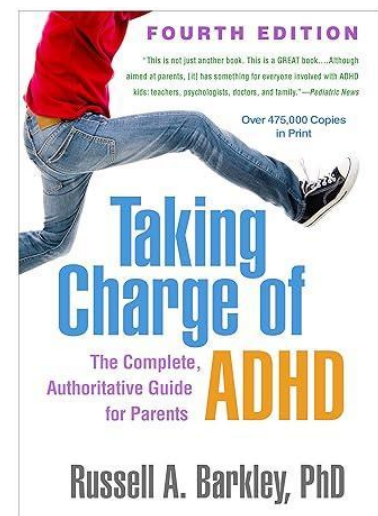
Available on Amazon: <https://amzn.to/3AJSYKT>

Taking Charge of ADHD: The Complete, Authoritative Guide for Parents (Fourth Edition)

by Russell A. Barkley

This leading resource on attention-deficit/hyperactivity disorder (ADHD) has been thoroughly revised and updated with the latest insights and tools. Renowned expert Russell A. Barkley provides compassionate guidance to help you:

- Understand the behaviors of children with ADHD.
- Obtain an accurate diagnosis.
- Collaborate effectively with schools and healthcare professionals for the support your child needs.
- Implement a proven eight-step behavior management plan.
- Enhance your child's academic and social skills.
- Restore peace and balance in your home.



The fourth edition introduces a new chapter on the health risks associated with ADHD, the latest findings on its causes, up-to-date information on medications, a fresh discussion on sibling dynamics, advice for parents who might have ADHD, and access to downloadable practical tools.

Available on Amazon: <https://amzn.to/4cIEZCp>

*How to Stop Losing Your Sh*t with Your Kids: A Practical Guide to Becoming a Calmer, Happier Parent*

by Carla Naumburg

Become a Calmer, Happier Parent—Without the Yelling or Guilt

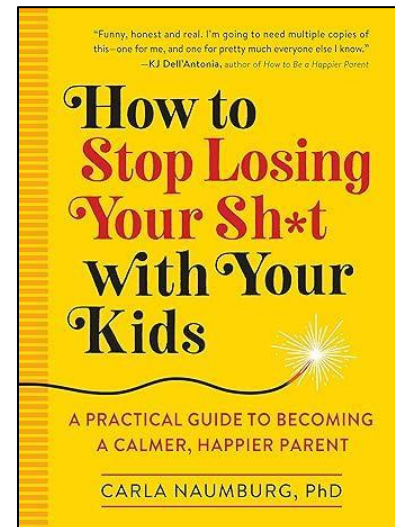
Discover a practical, evidence-based plan to stop parental meltdowns and create a more peaceful home. This insightful, tip-filled guide offers a compassionate and realistic approach to help you feel less ashamed and more empowered to keep it together when parenting challenges arise. With a blend of humor and real-life advice, Naumburg helps you identify your unique stressors and find effective ways to stay calm during even the most frustrating family moments.

Praise for this approach:

"Naumburg uses humor and reality checks to help parents unpack their stressors and stay calm in the face of family frustrations." —Katie Hurley, LCSW, author of **No More Mean Girls** and **The Happy Kid Handbook**

"By the end, you'll be laughing out loud while gaining self-compassion and a concrete action plan." —Rebecca Schrag Hershberg, PhD, author of **The Tantrum Survival Guide**

Available on Amazon: <https://amzn.to/3Motp4E>



The Hair Pulling "Habit" and You: How to Solve the Trichotillomania Puzzle

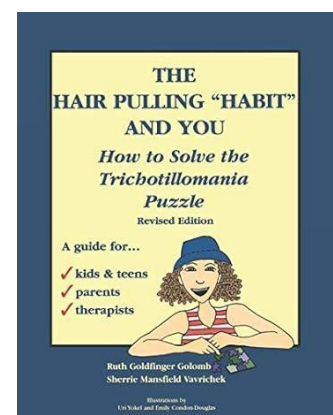
by Ruth Goldfinger Golomb and Sherrie Mansfield Vavrichek

Understanding and Managing Trichotillomania (Hair Pulling Disorder)

Millions of people, including many children and teens, struggle with trichotillomania, also known as Hair Pulling Disorder. *The Hair Pulling "Habit" and You* is a valuable resource for sufferers, parents, and therapists, offering essential insights into the complex nature of this disorder.

This guide explains how to create effective, personalized treatment plans that address the unique needs of each individual. It also provides powerful strategies to help resist the urges to pull hair, empowering those affected to regain control.

Available on Amazon: <https://amzn.to/4dVPJya>



Parenting a Child Who Has Intense Emotions: Dialectical Behavior Therapy Skills to Help Your Child Regulate Emotional Outbursts and Aggressive Behaviors

by Pat Harvey ACSW LCSW-C, and Jeanine Penzo LICSW (Author)

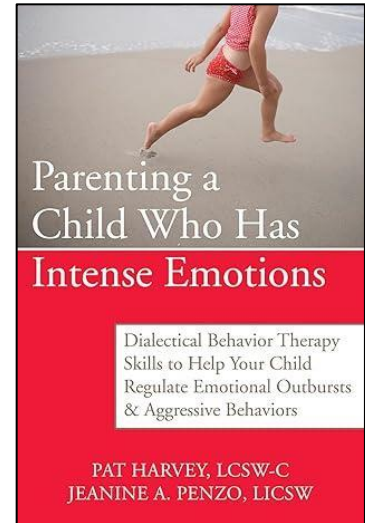
Managing Intense Emotions in Your Child

From supermarket meltdowns to unexpected tears and homework battles that feel like wars, parenting a child with intense emotions can be overwhelming. When your child struggles to regulate their emotions, it's impossible to ignore. These children can go from calm to extreme in seconds, leaving parents feeling lost and helpless.

While others might suggest it's just a phase or that stricter discipline is needed, your child could be dealing with emotion dysregulation—a tendency to react intensely to situations that other children handle with ease. *Parenting a Child Who Has Intense Emotions* is your essential guide to calming these emotional storms and helping your child express feelings in healthy, productive ways.

Drawing on strategies from dialectical behavior therapy (DBT), this guide teaches you mindfulness, validation skills, and practical techniques to use when your child's emotions spiral out of control. This evidence-based approach can help your child achieve significant emotional and behavioral improvements, making both of you proud.

Available on Amazon: <https://amzn.to/4g1Y6dh>



Breaking Free of Child Anxiety and OCD: A Scientifically Proven Program for Parents

by Eli R. Lebowitz, PhD

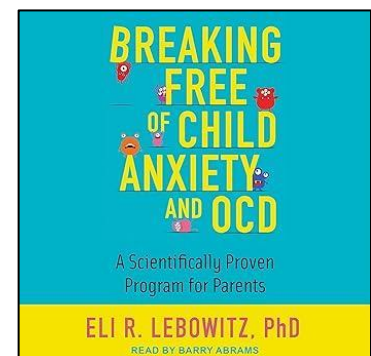
Supporting Your Anxious Child: A Parent's Guide to Breaking Free from Anxiety and OCD

Parenting an anxious child comes with constant challenges: Should you help them avoid anxiety-provoking situations, or encourage them to face their fears? How can you foster independence while still offering support? And how can you reduce the impact of anxiety on your entire family?

Breaking Free of Child Anxiety and OCD: A Scientifically Proven Program for Parents is the first and only book that offers a fully parent-based treatment program for child and adolescent anxiety. This guide teaches parents how to alleviate their child's anxiety by changing their own responses to their child's symptoms—without needing to impose changes on the child's behavior.

Instead, you'll learn how to replace accommodating behaviors that allow anxiety to thrive with supportive responses that convey both acceptance of your child's struggles and confidence in their ability to cope. From understanding the nuances of child anxiety and OCD to effectively communicating with your anxious child, avoiding common pitfalls, and recognizing how you may be enabling anxious behaviors, this book is packed with practical advice and actionable strategies.

Available on Amazon: <https://amzn.to/3TfQ7Qn>



Overcoming Body-Focused Repetitive Behaviors

by Charles S. Mansueto

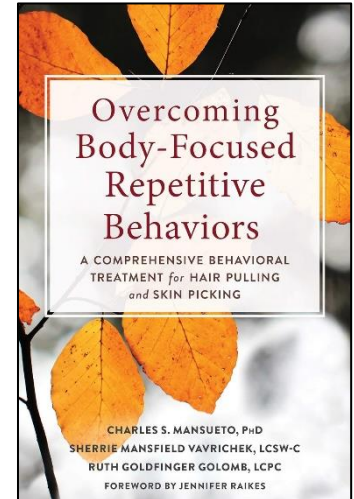
Unlock a Life Free from Body-Focused Repetitive Behaviors with Evidence-Based CBT Strategies

If you struggle with body-focused repetitive behaviors (BFRBs) like hair pulling (trichotillomania) or skin picking (dermatillomania), you may feel hesitant to seek help. But there is hope! This comprehensive guide presents proven cognitive behavioral therapy (CBT) techniques to help you overcome these challenges and enhance your overall well-being.

In this invaluable resource, three leading experts in the field share effective CBT skills designed to support your journey beyond BFRB. You'll discover the underlying reasons for your behaviors, learn to recognize your personal sensory "triggers"—the situations or experiences that intensify your urges—and develop tailored strategies to manage them.

With practical exercises and a customizable action plan, this book empowers you to confront your triggers with confidence. Through consistent practice and the right tools for managing stress, anxiety, and urges, you'll break free from BFRB and regain control of your life. Embrace the path to healing and a brighter future!

Available on Amazon: <https://amzn.to/3TDb87Q>



Good Inside: A Guide to Becoming the Parent You Want to Be

by Dr. Becky Kennedy

#1 New York Times Bestseller: *Good Inside* by Dr. Becky Kennedy

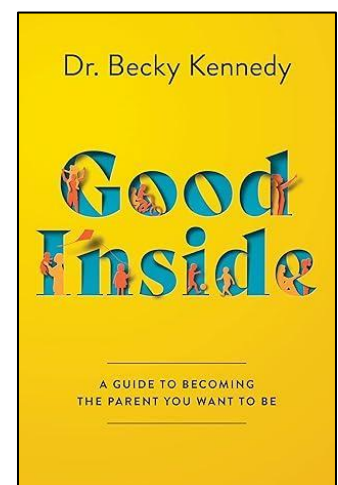
Instantly topping the New York Times, Wall Street Journal, USA Today, and Indie bestseller lists, *Good Inside* is the go-to resource for parents seeking a fresh, compassionate approach to raising resilient, emotionally healthy kids.

"This book is for any parent who has ever struggled under the substantial weight of caregiving—which is to say, all of us. Good Inside is not only a wise and practical guide to raising resilient, emotionally healthy kids, it's also a supportive resource for overwhelmed parents who need more compassion and less stress. Dr. Becky is the smart, thoughtful, in-the-trenches parenting expert we've been waiting for!"

—Eve Rodsky, New York Times bestselling author of *Fair Play* and *Find Your Unicorn Space*

Dr. Becky Kennedy, the wildly popular parenting expert behind @drbeckyatgoodinside, shares her groundbreaking method for parenting in a way that feels good. Over the past few years, Dr. Becky—affectionately known by her followers as “Dr. Becky”—has ignited a parenting revolution. Millions of parents, frustrated by outdated advice that either doesn't work or doesn't feel right, have embraced her empowering approach that prioritizes connection over correction.

Traditional parenting models, from reward charts to time outs, often focus on shaping behavior rather than nurturing human beings. These techniques can overlook children's complex emotional needs and fail to equip



them with the skills they need for life. Combined with parents' own challenging relationships with their upbringings, it's no wonder so many caregivers feel lost, exhausted, and worried about their parenting.

In *Good Inside*, Dr. Becky offers perspective-shifting principles and practical strategies that help parents move from self-doubt to confident, compassionate leadership. The book covers everything from sibling rivalry and separation anxiety to tantrums and more, making it an essential guide for today's parents. *Good Inside* helps families cultivate a foundation of self-regulation, confidence, and resilience that will last a lifetime.

Available on Amazon: <https://amzn.to/4dXsvl4>

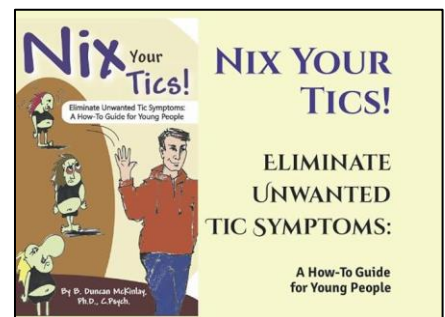
Nix Your Tics!: Eliminate Unwanted Tic Symptoms: A How-To Guide for Young People

by Dr. B. Duncan McKinlay

Got Tics? You're Not Alone—Find Help with *Nix Your Tics!* by Dr. Dunc

If you're dealing with tics, you're far from alone. Up to one in five kids will experience tics at some point, including Dr. B. Duncan McKinlay—better known as Dr. Dunc—a psychologist who lives with Tourette Syndrome. Having navigated life with motor and phonic tics, Dr. Dunc understands just how frustrating, embarrassing, and disruptive tics can be.

In *Nix Your Tics!*, Dr. Dunc shares the evidence-based techniques he uses to manage tic symptoms in both himself and his patients. Drawing from years of experience educating people worldwide through presentations, media appearances, and his website, Dr. Dunc brings you a practical guide to taking control of your tics.



This newly revised Second Edition features:

- A new section, "Starve that Tic!"
- Interactive widgets downloadable from a Kindle 'K'ompanion webpage, allowing you to complete steps and track your progress. Integration with web-based content, including support groups and the Nix Your Tics Facebook community.
- All-new summaries designed to keep you engaged.
- Exclusive access to a 2012 audio interview with Dr. Dunc, accompanied by a slideshow of images from the Life's A Twitch website.

Whether you're just beginning to understand your tics or looking for effective ways to manage them, *Nix Your Tics!* is a must-have resource for anyone living with tics.

Available on Amazon: <https://amzn.to/3Mot0PG>

Take Control of OCD: The Ultimate Guide for Kids with OCD

by Bonnie Zucker

Take Control of OCD: A Guide for Kids Ages 10-16

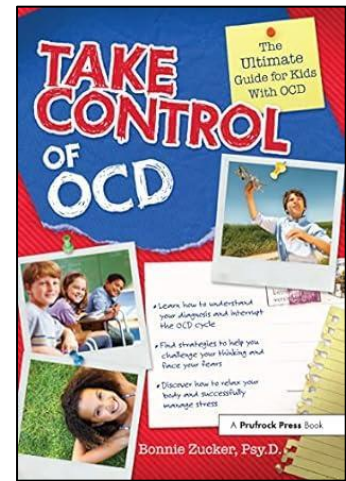
Take Control of OCD: The Ultimate Guide for Kids with OCD is a one-of-a-kind resource designed specifically for kids ages 10-16 who are dealing with Obsessive-Compulsive Disorder. This guide empowers young people to take charge of their OCD, helping them succeed in school and in life.

Using cognitive-behavioral therapy (CBT) techniques, the book guides kids through a step-by-step, ladder-based process to confront and overcome their fears. It focuses on changing obsessive thoughts, tolerating uncertainty, developing positive self-talk, managing stress, advocating for needs at school, finding effective relaxation techniques, and facing fears head-on.

With workbook-style pages for kids to fill out, this guide offers practical, hands-on support. By including insights and advice from kids with OCD across the country, the author provides relatable ideas and encouragement from students just like them.

This practical and supportive guide is an essential tool for kids with OCD to change their behaviors, conquer their worries, and achieve a sense of accomplishment and confidence.

Available on Amazon: <https://amzn.to/4dV1wg4>



Self-Compassion: The Proven Power of Being Kind to Yourself

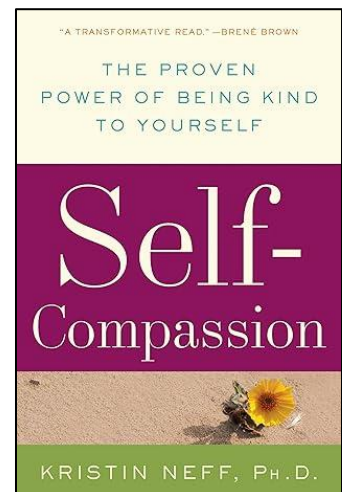
by Kristin Neff

Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind

Dr. Kristin Neff, Ph.D., encourages us to “stop beating yourself up and leave insecurity behind.” Her groundbreaking book, *Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind*, provides expert guidance on reducing self-criticism and counteracting its negative effects. This transformative approach empowers you to reach your highest potential and live a more content and fulfilling life.

Psychologists are increasingly shifting focus from self-esteem to self-compassion in their treatment methods. Dr. Neff’s insightful book presents practical exercises and actionable plans to address a wide range of emotionally challenging issues—whether it’s navigating parenting, managing weight loss, or coping with everyday struggles. Embrace self-compassion and discover a path to greater well-being and resilience.

Available on Amazon: <https://amzn.to/3Mo1NMU>



The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind

by Daniel Siegel M.D. & Tina Payne Bryson

NEW YORK TIMES BESTSELLER • Over 1 million copies sold!

From the authors of *No-Drama Discipline* and *The Yes Brain*, this groundbreaking book reveals the latest science behind how a child's brain is wired and matures, providing practical strategies for nurturing healthy development.

"Simple, smart, and effective solutions to your child's struggles." — Harvey Karp, M.D.

In this innovative guide, neuropsychiatrist Daniel J. Siegel and parenting expert Tina Payne Bryson present twelve essential strategies that promote healthy brain development, leading to calmer, happier children. They demystify the complex workings of the "upstairs brain," responsible for decision-making and emotional regulation, which isn't fully developed until the mid-twenties. With young children, emotional responses often overshadow logical thinking, resulting in tantrums and conflicts.

By applying their insights to everyday parenting, you can transform challenges like outbursts and fears into opportunities for growth and integration. Packed with age-appropriate strategies for common parenting dilemmas and engaging illustrations to help explain concepts to your child, *The Whole-Brain Child* equips you to foster emotional and intellectual development, enabling your children to lead balanced, meaningful lives.

Available on Amazon: <https://amzn.to/47H4i6P>

