

# Town of Penhold Community Resources – Books and Authors

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Interested in borrowing any of the resources below?

Contact:

Family Resource Coordinator – [jamies@townofpenhold.ca](mailto:jamies@townofpenhold.ca)

FCSS Community Worker – [fcss@townofpenhold.ca](mailto:fcss@townofpenhold.ca)

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## For Adults

1. **“The One-Page Financial Plan – A Simple Way to Be Smart About Your Money”**  
*By Carl Richards*
2. **“Debt-Free Forever – Take Control of Your Money and Your Life”** *By Gail Vaz-Oxlade*
3. **“Never Too Late – Take Control of Your Retirement and Your Future”**  
*By Gail Vaz-Oxlade*
4. **“Money Rules – Rule Your Money or Your Money Will Rule You”** *By Gail Vaz-Oxlade*
5. **“Growing the Distance – Timeless Principles for Personal, Career, and Family Success”**  
*By Jim Clemmer*
6. **“Scattered Minds – The Origins and Healing of Attention Deficit Disorder”**  
*By Gabor Maté*
7. **“In the Realm of Hungry Ghosts – Close Encounters with Addiction”**  
*By Gabor Maté*
8. **“When the Body Says No – The Cost of Hidden Stress”** *By Gabor Maté*
9. **“When Someone You Love Has a Mental Illness – A Handbook for Family, Friends, and Caregivers”** *By Rebecca Woolis*
10. **“Chicken Soup for the Soul – Living with Alzheimer’s & Other Dementias”**  
*By Amy Newmark and Angela Timashenka Geiger*
11. **“Healing Your Grieving Heart – 100 Practical Ideas”** *By Alan D. Wolfelt*
12. **“Please Be Patient, I’m Grieving – How to Care For and Support the Grieving Heart”**  
*By Gary Roe*

**13. “Conscious Uncoupling – 5 Steps to Living Happily Even After”**

*By Katherine Woodward Thomas*

**For Parents**

**14. “70 Play Activities For Better Thinking, Self-Regulation, Learning & Behavior”**

*By Lynne Kenney*

**15. “Self-Reg – How to Help Your Child (and You) Break the Stress Cycle and Successfully Engage with Life”**

*By Stuart Shanker*

**16. “Hold On to Your Kids – Why Parents Need to Matter More Than Peers”**

*By Gordon Neufeld and Gabor Maté*

**17. “Peaceful Parent, Happy Kids – How to Stop Yelling and Start Connecting”**

*By Dr. Laura Markham*

**18. “Rest, Play, Grow – Making Sense of Preschoolers (or Anyone Who Acts Like One)”**

*By Deborah MacNamara*

**19. “Mind in the Making – The Seven Essential Like Skills Every Child Needs”**

*By Ellen Galinsky*

**20. “Partnership Parenting – How Men and Women Parent Differently – Why it Helps Your Kids and Can Strengthen Your Marriage”**

*By Kyle Pruett and Marsha Kline Pruett*

**21. “Playful Parenting – An Exciting New Approach to Raising Children that Will Help You: Nurture Close Connections, Solve Behavior Problems and Encourage Confidence”**

*By Lawrence J. Cohen*

**22. “The Whole-Brain Child – 12 Revolutionary Strategies To Nurture Your Child’s Developing Mind”**

*By Daniel J. Siegel and Tina Payne Bryson*

**23. “Peaceful Parent, Happy Siblings – How to Stop the Fighting and Raise Friends for Life”**

*By Dr. Laura Markham*

**24. “Drop the Worry Ball – How to Parent in the Age of Entitlement”**

*By Alex Russell with Tim Falconer*

**25. “The Opposite of Spoiled – Raising Kids Who Are Grounded, Generous, and Smart About Money”**

*By Ron Lieber*

**26. “Money-Smart Kid\$ - Teach Your Children Financial Confidence and Control”**

*By Gail Vaz-Oxlade*

27. **“Raising the Transgender Child”** *By Dr. Michele Angello & Alisa Bowman*
28. **“How Do You Tuck in a Superhero? – And Other Delightful Mysteries of Raising Boys”**  
*By Rachel Balducci*
29. **“Wild Things – the Art of Nurturing Boys”** *By Stephen James and David Thomas*
30. **“Raising Boys – Why Boys are Different – and How to Help Them Become Happy and Well-Balanced Men”** *By Steve Biddulph*
31. **“Raising Your Spirited Child – A Guide for Parents Whose Child is More Intense, Sensitive, Perceptive, Persistent, and Energetic”** *By Mary Sheedy Kurcinka*
32. **“The Explosive Child – A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children”** *By Ross W. Greene*
33. **“Parenting Through the Storm – How to Handle the Highs, the Lows and Everything in Between”** *By Ann Douglas*
34. **“What to Do When You’re Scared & Worried – a Guide for Kids”** *By James J. Crist*
35. **“Helping Your Anxious Child – A Step-by-Step Guide for Parents”**  
*By Ronald M. Rapee, Ann Wignall, Susan H. Spence, Vanessa Cobham and Heidi Lyneham*
36. **“Anxious Kids Anxious Parents – 7 Ways to Stop the Worry Cycle and Raise Courageous & Independent Children”** *By Reid Wilson and Lynn Lyons*
37. **“Co-Parenting 101 – Helping Your Kids Thrive in Two Households after Divorce”** *By Deesha Philyaw and Michael D. Thomas*
38. **“Father Need – Why Father Care is as Essential as Mother Care for Your Child”**  
*By Kyle D. Pruett*
39. **“What to Do When You Worry Too Much – A Kid’s Guide to Overcoming Anxiety”**  
*By Dawn Huebner*
40. **“The Expectant Father – The Ultimate Guide for Dads-To-Be”** *By Armin A. Brott and Jennifer Ash*
41. **“The Mother of All Pregnancy Books”** *By Ann Douglas*

42. **“The Amazing Make-Ahead Baby Food Book”** *By Lisa Barrangou*
43. **“Parenting a Teen Girl – A Crash Course on Conflict, Communication & Connection with your Teenage Daughter”** *By Lucie Hemmen*
44. **“Helping Teens Who Cut – Understanding and Ending Self – Injury”**  
*By Michael Hollander*
45. **“What You Can Learn From Your Teenager – Lessons in Parenting and Personal Growth”** *By Jean-Pierre Kallanian*

## For Youth and Teens

46. **“Teens Cook – How to Cook What you Want to Eat”** *By Megan and Jill Carle*
47. **“Food Facts for Teenagers – A Guide to Good Nutrition for Teens and Preteens”**  
*By Margaret B. Salmon*
48. **“The Teen Girl’s Survival Guide – 10 Tips for Making Friends, Avoiding Drama & Coping with Social Stress”** *By Lucie Hemmen*
49. **“The 7 Habits of Highly Effective Teens”** *By Sean Covey*
50. **“The 6 Most Important Decisions You’ll Ever Make – A Guide for Teens”** *By Sean Covey*
51. **“How to Say No – The Ultimate Guide for Teens”** *By Jennifer Love*
52. **“Healing Your Grieving Heart for Teens – 100 Practical Ideas”** *By Allan D. Wolfelt, PH.D*
53. **“Now What Do I Do? – A Guide to Help Teenagers with Their Parents’ Separation or Divorce”** *By Lynn Cassella-Kapusinski*
54. **“The Divorce Helpbook for Teens”** *By Cynthia McGregor*
55. **“Playing with Anxiety – Casey’s Guide for Teens and Kids”** *By Reid Wilson & Lynn Lyons*
56. **“Mindfulness for Teen Anxiety – A Workbook for Overcoming Anxiety at Home, at School & Everywhere Else”** *By Christopher Willard*
57. **“The Anxiety Workbook for Teens – Activities to Help you Deal with Anxiety & Worry”**  
*By Lisa M. Schab*
58. **“The Shyness & Social Anxiety Workbook for Teens”** *By Jennifer Shannon*

**59. "Beyond the Blues – A Workbook to Help Teens Overcome Depression"**

*By Lisa M Schab*

**60. "Stopping the Pain – A Workbook for Teens who Cut & Self-Injure"**

*By Lawrence E. Shapiro*

**61. "The Body Image Workbook for Teens" *By Julia V. Taylor***

**62. "Coping with Cliques – A Workbook to Help Girls Deal with Gossip, Put-Downs, Bullying & Other Mean Behavior" *By Susan Sprague***