

TMC COUNCIL PARENT LIBRARY

Title	Author
We Can Do Hard Things: Answers To Life's 20 Questions	Glennon Doyle, Abby Wambach & Amanda Doyle
The Emotional Lives of Teenagers: Raising Connected, Capable and Compassionate Adolescents	Lisa Damour, Ph.D.
ADHD is Awesome: A Guide to (Mostly) Thriving with ADHD	Penn and Kim Holderness
The Awesome Autistic Go-To Guide: A Practical Handbook for Autistic Teens & Tweens	Yenn Purkis and Tanya Masterman
Unmasking Autism: Discovering the New Faces of Neurodiversity	Devon Price, Ph.D.
Parenting The New Teen In The Age of Anxiety: A Complete Guide to Your Child's Stressed, Depressed, Explanded, Amazing Adolescence	Dr. John Duffy
The Let Them Theory: A Life-Changing Tool Thank Millions of People Can't Stop Talking About	Mel Robbins
When Teens Self-Harm: How Parents, Teachers and Professionals Can Provide Calm and Compassionate Support	Monika Parkinson, Kerstin Thirlwall and Lucy Willetts
Demystifying Disability: What to Know, What to Say, and How to be an Ally	Emily Ladau
7 Vital Parenting Skills for Understanding Teenagers and Communicating with Teens: Proven Parenting Tips for Developing Healthy Relationships for Teens and Reducing Teen Anxiety	Frank Dixon
A Growth Mindset for Teens: Practical Lessons & Activities to Build Confidence, Problem Solve, Grow Skills and Become Resilient in 31 Days	Sydney Sheppard
When the Body Say No: The Cost of Hidden Stress	Gabor Maté, MD
The Calm The Chaos: A Fail-Proof Road Map for Parenting Even the Most Challenging Kids	Dayna Abraham
Parenting Your Transgender Teen: Positive Parenting Strategies for Raising Transgender, Nonbinary, and Gender Nonconforming Teens	Andrew Maxwell Triska, MSW, LCSW
Raising Good Humans: A Mindful Guide to Breaking the Cycle of Reactive Parenting and Raising Kind, Confident Kids	Hunter Clark-Fields, MSAE, and Foreword by Carla Naumburg, PhD
How to Hug a Porcupine: Negotiating the Prickly Points of the Tween Years	Julie A. Ross, M.A.
How to Talk So Teens Will Listen & Listen So Teens Will Talk	Adele Faber & Elaine Mazlish
Stress-Free Family Meal Planning: Easy, Healthy Recipes for Busy Homes	Kristen McCaffrey
The School Year Survival Cookbook: Healthy Recipes and Sanity-Saving Strategies for Every Family and Every Meal	Laura Keogh & Ceri Marsh