



BE THE CHANGE

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Here you will find a list of books that have helped me both personally and professionally. As you will find, some information you read may be very helpful, while other information not so much. I hope this serves as a starting point for gaining the information and perspective you are looking for. Enjoy!

Choice Theory/Reality Therapy

"Choice Theory" by William Glasser, M.D.

"Take Charge of Your Life" by William Glasser, M.D.

Self-Care / Self-Improvement

"Enjoy Life: Healing with Happiness" by Lynn D. Johnson, Ph.D.

"The Gifts of Imperfection" by Brené Brown, Ph.D., L.M.S.W.

"Daring Greatly" by Brené Brown Ph.D., L.M.S.W.

"Rising Strong" by Brené Brown Ph.D., L.M.S.W.

"Mindset" by Carol S. Dweck, Ph.D.

"The Chemistry of Joy" by Henry Emmons, M.D. with Rachel Kranz

"Love Yourself Like Your Life Depends on it" by Kamal Ravikant

"Self-Compassion" by Kristin Neff, Ph.D.

Parenting

"The Whole-Brain Child" by Dan Siegel, M.D. and Tina Payne Bryson, Ph.D.

"Brainstorm" by Dan Siegel, M.D.

"The Gift of Failure" by Jessica Lahey

"Unhappy Teenagers" by William Glasser, M.D.

"Peaceful Parenting" by Nancy S. Buck, Ph.D.

"The Handbook for Building Healthy Self-Esteem in Children" by Marilyn J. Sorenson, Ph.D.

Couples

"Getting Together and Staying Together" by William Glasser, M.D. and Carleen Glasser

"Eight Lessons for a Happier Marriage" by William Glasser, M.D. and Carleen Glasser, M.A.

"The 5 Love Languages" by Gary Chapman