

## Resource Recommendations from JFI TMHC 2018

**“The ABCs of Mental Health” from the Hincks-Dellcrest Centre (now Hospital for Sick Kids Centre for Community Mental Health)**

<http://www.sickkidscmh.ca/Home/Resources-And-Publications/The-ABC-s-of-Mental-Health.aspx>

Dr. Richard Rubenstein

**Age of Opportunity: Lessons from the New Science of Adolescence.** Laurence Sternberg

**Get Out of My Life, but First Could You Drive Me and Cheryl to the Mall? A Parent's Guide to the New Teenager.** Anthony Wolf,

**The Grown-Up's Guide to Teenage Humans: How to Decode Their Behavior, Develop Unshakeable Trust, and Raise a Respectable Adult.** Josh Shipp,

**Helping Your Angry Teen: How to Reduce Anger and Build Connection Using Mindfulness and Positive Psychology .** Mitch Abblett

**I Still Love You: Nine Things Troubled Kids Need from Their Parents.** Michael Ungar

**Setting Limits with Your Strong-Willed Teen: Eliminating Conflict by Establishing Clear, Firm, and Respectful Boundaries.** Robert Mackenzie

**When Things Get Crazy with Your Teen: the Why, the How and What to Do Now.** Michael Bradley

**You're Ruining My Life! Surviving the Teenage Years with Connected Parenting.** Jennifer Kolari

Dr. Levy:

How to keep your Teenager out of Trouble (and what to do if you can't), by Bernstein.

Avrum Nadigel:

Books mentioned in Avrum Nadigel's "I'm Fine" talk:

Connecting With Our Children : Guiding Principles for Parents in a Troubled World by Dr. Roberta Gilbert  
<http://a.co/fHV5vZJ>

Family Therapy in Clinical Practice by Dr. Murray Bowen  
[goo.gl/aN1WRw](http://goo.gl/aN1WRw)

Dr. Harriet Lerner's "Dance of..." books:  
[goo.gl/hLBAhy](http://goo.gl/hLBAhy)

Conversations with a Master Therapist by Dr. David Freeman & Avrum Nadigel  
<https://morethanlove.ca/books/>

Plus resource sheet link

Elissa Kline-Beber:

Mindset - Carole Dweck

Sherry Turkle - Reclaiming conversation

JLH - How to Raise an Adult. Julie Lythcott-Haims

