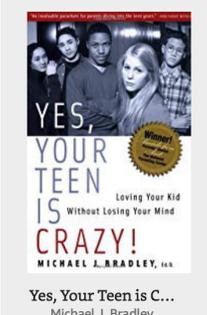
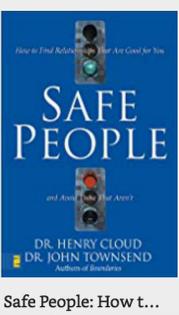
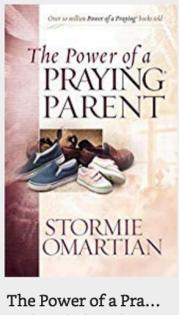
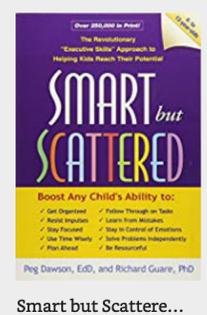
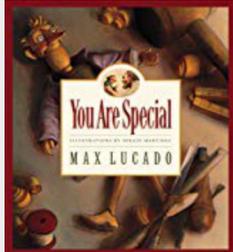
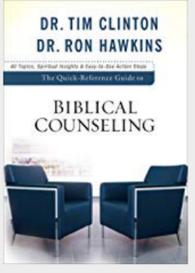
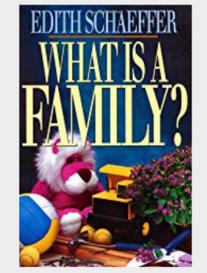
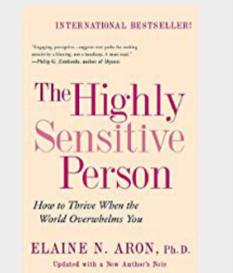
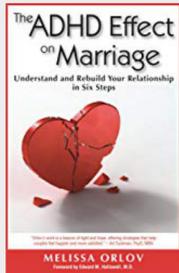
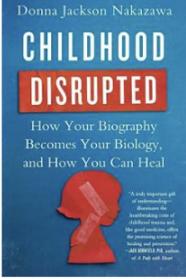
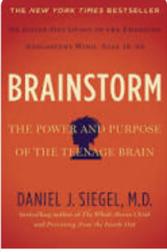
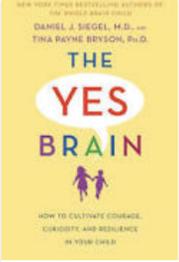
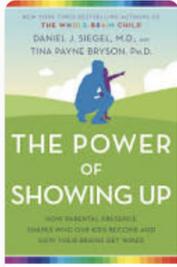
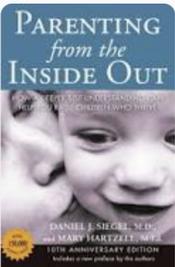
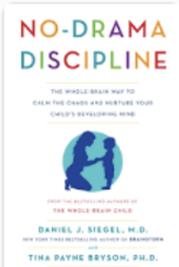
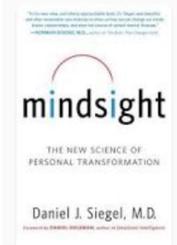
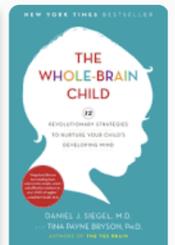
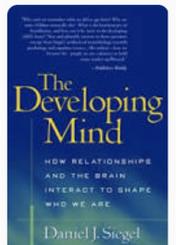


Book Recommendations:

 <p>Yes, Your Teen is C... Michael J. Bradley</p>	 <p>Safe People: How t... Henry Cloud and John ...</p>	 <p>The Power of a Pra... Stormie Omartian</p>
 <p>Smart but Scattere... Peg Dawson and Richar...</p>	 <p>You Are Special (M... Max Lucado</p>	 <p>The Quick-Referen... Dr. Tim Clinton and Dr. ...</p>
 <p>What is a Family? Edith Schaeffer</p>	 <p>The Highly Sensiti... Elaine N. Aron PhD</p>	 <p>The ADHD Effect o... Melissa Orlov</p>

 <p>Donna Jackson Nakazawa</p> <p>CHILDHOOD DISRUPTED</p> <p>How Your Biography Becomes Your Biology, and How You Can Heal</p> <p>A truly important gift of understanding—<i>“Childhood Disrupted”</i> is a groundbreaking look at childhood trauma and its profound effects on the personality, memory of events, and perception—<i>“A MUST-READ for anyone who’s ever been hurt.”</i></p>	 <p>THE NEW YORK TIMES BESTSELLER</p> <p>THE #1 BESTSELLER IN THE PARENTING COUNSELING World, Ages 13-18</p> <p>BRAINSTORM</p> <p>THE POWER AND PURPOSE OF THE TEENAGE BRAIN</p> <p>DANIEL J. SIEGEL, M.D.</p> <p>INTERNATIONAL BESTSELLING AUTHOR OF MINDFULNESS AND HOW TO TRAIN YOUR MIND</p>	 <p>NEW YORK TIMES BESTSELLING AUTHORS OF THE WHOLE-BRAIN CHILD</p> <p>DANIEL J. SIEGEL, M.D., and TINA PAYNE BRYSON, Ph.D.</p> <p>THE YES BRAIN</p> <p>HOW TO CULTIVATE CURIOSITY, RESILIENCE, AND CONFIDENCE IN YOUR CHILD</p>
 <p>NEW YORK TIMES BESTSELLING AUTHORS OF THE WHOLE-BRAIN CHILD</p> <p>DANIEL J. SIEGEL, M.D., and TINA PAYNE BRYSON, Ph.D.</p> <p>THE POWER OF SHOWING UP</p> <p>HOW SHOWING UP, SHOWING UP, AND SHOWING UP CAN CHANGE HOW YOUR BRAIN WORKS</p>	 <p>PARENTING from the INSIDE OUT</p> <p>HOW SELF-UNDERSTANDING AND EMOTIONAL REGULATION HELP YOU DO YOUR BEST FOR YOUR CHILD</p> <p>DANIEL J. SIEGEL, M.D., and MARY HARTZELLE, M.Ed.</p> <p>10TH ANNIVERSARY EDITION Includes a new preface by the authors!</p>	 <p>NO-DRAMA DISCIPLINE</p> <p>THE WHOLE-BRAIN WAY TO CALM THE CHAOS AND NURTURE YOUR CHILD'S DEVELOPING MIND</p> <p>OVER 100 PAGES AND 100 ILLUSTRATIONS OF THE WHOLE-BRAIN CHILD</p> <p>DANIEL J. SIEGEL, M.D. NEW YORK TIMES BESTSELLING AUTHOR OF BRAINSTORM and TINA PAYNE BRYSON, Ph.D.</p>
 <p>“This is one of the most important books of our time. It offers a new way of understanding the mind and how it works, and how we can use this knowledge to transform our lives.” —<i>WILLIAM SHALIKHIDZE, Ph.D., author of The Mindful Way to Well-Being</i></p> <p>mindsight</p> <p>THE NEW SCIENCE OF PERSONAL TRANSFORMATION</p> <p>Daniel J. Siegel, M.D.</p> <p>Foreword by DARRIN LEE BAKER, author of The Mindful Way to Well-Being</p>	 <p>NEW YORK TIMES BESTSELLER</p> <p>THE WHOLE-BRAIN CHILD</p> <p>12 REVOLUTIONARY STRATEGIES TO NURTURE YOUR CHILD'S DEVELOPING MIND</p> <p>DANIEL J. SIEGEL, M.D. TINA PAYNE BRYSON, Ph.D.</p> <p>Foreword by DARRIN LEE BAKER</p>	 <p>“This book is a landmark in the field of child development. It offers a new way of understanding the mind and how it works, and how we can use this knowledge to transform our lives.” —<i>WILLIAM SHALIKHIDZE, Ph.D., author of The Mindful Way to Well-Being</i></p> <p>The Developing Mind</p> <p>HOW RELATIONSHIPS AND THE BRAIN INTERACT TO SHAPE WHO WE ARE</p> <p>Daniel J. Siegel</p>



Website Links:

https://cccsanjose.com/
https://ggie.berkeley.edu

Podcasts:

The Teacher Self-Care Podcast
Teachers' Aid



Referrals for Teens & Families

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