

SUGGESTED READING 2022-2023

Dana Suskind MD - Thursday August 18 at 7pm: Parent Nation: Unlocking Every Child's Potential & Thirty Million Words: Building a Child's Brain

Dan Pink - August 30 at 7pm: The Power of Regret & Drive: The Surprising Truth About What Motivates Us

Julie Lythcoth-Haims interviewing Dan Pink - August 30 at 7pm: How to Raise an Adult & Adulting: Your Turn How to Be an Adult

Anya Kamenetz - September 7 at 7pm: The Stolen Year: How COVID Changed Children's Lives and Where We Go Now

Dr. Jamil Zaki - September 14 at 7pm: War for Kindness: Building Empathy in a Fractured World

Harold Koplewicz MD - September 21 at noon & 7pm: More Than Moody: Suicide, Let's Talk About It & The Scaffold Effect

Roni Cohen-Sandler - September 27 at noon & 7pm: Anything but My Phone Mom! Raising Resilient Girls in the Digital Age & Stressed-Out Girls: Helping Them Thrive in an Age of Pressure

Becky Munsterer Sabky - October 6 at 7pm: Valedictorians at the Gate: Standing Out, Getting In, and Staying Sane While Applying

Dr. Madeline Levine - October 13 at noon & 7pm: Ready or Not: Preparing Our Kids for an Uncertain & Rapidly Changing World & The Price of Privilege: How Parental Pressure and Material Advantage is Creating a Generation of Disconnected and Unhappy

Susan Cain - October 18 at noon & 7pm: Quiet: The Power of Introverts in a World That Won't Stop Talking & Quiet Power: The Secret Strengths of Introverts

Dr. Catherine Pearlman - October 25 at noon & 7pm: First Phone: A Pre-Tween's Guide to Digital Responsibility, Safety and Etiquette & Ignore It

Dr. Shauna Shapiro - November 9 at noon & 7pm: The Science of Mindfulness & Good Morning, I Love You

Dr. Kelly McGonigal - November 6 at noon & 7pm: The Joy of Movement: How Exercise Helps Us Find Happiness, Hope and Courage & The Willpower Instinct

Dr John Duffy interviewing Dr. Kelly McGonigal - November 6: Parenting the New Teen in the Age of Anxiety

Anna Lembke MD - November 30 at noon: Dopamine Nation

Jessica Lahey interviewing Anna Lembke MD - November 30: The Gift of Failure & The Addiction Inoculation

Cathy Cassani Adams - December 6 at 7pm: Zen Parenting: Caring for Ourselves and Our Children in an Unpredictable World

Dr. Gholdy Muhammad - December 8 at 7pm: Cultivating Genius and Joy

Carla Naumburg - January 5 noon & 7pm: How to Stop Losing Your S^#@ With Your Kid

Andrew Solomon - January 18 7pm: Noonday Demon: An Anatomy of Depression

Michelle Garcia Winner - January 25 noon & 7pm: Think Social & Thinking About You, Thinking About Me

Zaretta Hammond – February 1 7pm: Responsive Learning and the Brain

Catherine Newman - February 8 noon & 7pm: How to Be a Person & What Can I Say

Gina Biegel - February 15 noon & 7pm: Take in the Good: Skills for Staying Positive, Reducing Stress and Living Your Best Life & Be Mindful & Stress Less

Josh Shipp - February 23 at noon & 7pm: The Grownup's Guide to the Human Teenager: How to Decode Their Behavior and Develop Their Trust & The Teen's Guide to World Domination

Jimmy Casas - March 2 at 7pm: Live Your Excellence Devorah Heitner - March 7 noon & 7pm: Screenwise

Jessica Minahan - March 14 noon & 7pm: The Behavior Code Fred Aceves - March 21 noon & 7pm: The New David Espinosa

Roaslind Wiseman - April 11 noon & 7pm: Queenbees and Wannabees & Masterminds and Wingmen

Carl Erik Fisher MD – April 26 noon & 7pm: Urge: Our History of Addiction

Phyllis Fagel - May 2 at noon & 7pm: Middle School Matters

Dr. Dwayne Williams - September 8 at 7pm: A Guide to Improving the Performance of African American

Ava Blalark with Dr. Williams September 8 at 7pm: Valued

Dr. Lourdes Ferrer-Allen - March 16 at 7pm: Hispanic Parental Involvement: Ten Competencies Schools Must Teach Hispanic Parents & Siéntese en la Silla del Conductor: Las Diez Competencias Para Conducir a Sus Hijos al Triunfo Académico

Dr. Ferney Ramirez Hernandez (various dates): Autoestima y Motivacion











