

## Helpful Books

The following list has been compiled by HCA. We have either read these books or they have been recommended by people we trust. This is an adult list and the books from a Christian perspective are marked with an asterisk\*. As a family in Christ we thought it might be helpful to print this list because all of us need help from time to time. God bless you! Feel free to pass this list along.

### TOPIC/TITLE /AUTHOR

Anxiety/Panic attacks [The Anxiety Cure](#)\* D. Archibald Hart

Anxiety, Depression, Anger, etc. [Change Your Brain Change Your Life](#) by Dr. Daniel Amen

Sensitivity [The Highly Sensitive Child](#) by Elaine Aron

Eating Disorders [When the Mirror Lies](#) by Tamra Orr

Manic depression/bipolar [An Unquiet Mind](#) Kay Redfield Jamison

Obsessive Compulsive [Kissing Doorknobs](#) Terry Spencer Hesser

Dissociative Identity [First Person Plural](#) Cameron West

Explosive Kids [The Explosive Child](#) Ross Green

Asperger's Syndrome [Eating An Artichoke](#) Fling

Explaining Asperger's to Children [Inside Asperger's Looking Out](#) by Kathy Hoopmann

Explaining ADHD to Children [All Dogs have ADHD](#) by Kathy Hoopmann

ADHD [ADHD and Medication](#) Thomas W. Phelan

Dyslexia/LD [An Uncommon Gift](#) \* James S. Evans

Dyslexia [The Gift of Dyslexia](#) & [The Gift of Learning](#) E. Braun/ R. Davis

Learning Styles [Every Child Can Succeed](#)\* by Cynthia Tobias (Coming to HCA in March 2018)

Strong Willed Children [You Can't Make Me but I Can be Persuaded](#)\* by Cynthia Tobias

Learning Differences [Right-Brained Children in a Left Brained World](#) J. Freed

Giftedness [In Your Mind's Eye](#) Tom West

Sexual Abuse [The Wounded Heart](#)\* Dan Allender

Faith/healing [The Healing Power of Faith](#)\* Harold Koenig

Practical Love [Connecting](#)\* Larry Crabb\*

Marriage [That's Not What I Meant](#) Deb Tannen

Men/Women [You Just Don't Understand](#)"

Avoiding Divorce [Marriage Savers](#)\* Michael J. McManus

Surviving Affairs [After the Affair](#) Janis Abraham Springs

Attitude [Learned Optimism](#) Martin Seligman

Love [Getting the Love You Want](#) Harville Hendricks

Discipline [Shepherding a Child's Heart](#) \* Tedd Tripp

Discipline [1-2-3 Magic](#) (Book or Video) Thomas W. Phelan

Adolescence [Surviving Your Adolescence](#) Thomas W. Phelan

Temperaments [Personality Plus](#)\* and/or [Personality Plus for Parents](#)\* Florence Littauer

Temperaments [Wired That Way](#)\* by Marita Littauer

Parenting [How to Really Love Your Child](#) \* & [How to Really Love Your Teenager](#)\* Ross Campbell

Rebellious children Parents in Pain \* John White  
Step-parenting New Faces in the Frame \* Dick Dunn  
Step-parenting Making Two Halves a Whole Lonni Collins Pratt  
Alcoholism/biography Drinking: a love story Caroline Knapp  
Setting healthy limits Boundaries \* Townsend & Cloud  
Help Kids Gain Control Boundaries with Kids\* Townsend & Cloud

Co-dependency The Language of Letting Go Melody Beattie  
Teen issues- Get Out of My Face but First Would You Take Cheryl and Me to the Mall? A. WulfGrief  
Grieving the Loss of Someone You Love Raymond Mitsch, Lynn Brookside Dealing with Stroke  
My Stroke of Insight By Jill Bolte Taylor

## Books to read with your child

Death/Heaven Heaven is For Real Todd Burpo  
Learning about sex 3-5 Why Boys & Girls are Different\* Carol Greene (Concordia)  
Learning about sex 5-8 Where Do Babies Come From?\* Ruth Hammel (Concordia)  
Babies/sex (5-12) The Wonderful Way Babies are Made\* L. Christenson  
All the books from Focus on the Family\* by Dr. James Dobson are excellent for marriage and family issues. Focus on the Family's # is 1-800-232-6459 or online resource Center:  
<http://www.family.org/>  
The child development series, by Louise Bates Ames and Frances Ilg, from the Gesell Institute of Child Development are age specific and very helpful to parents. They are entitled, Your Four (Five, Six etc.) Year Old and the one on the 10-14 year olds is helpful for parents of middle school students.

## Some of our favorite devotional books

jesus calling by sarah young  
Liturgy of the Ordinary by Tish Harrison Warren  
One Thousand Gifts: A Dare to Live Fully Right Where You Are by Ann VosKamp  
The Broken Way: A Daring Path into the Abundant Life by Ann VosKamp