

Booklist



Brain Building books for adults:

- **Beyond Behaviours** by Mona Delahooke
- **Brain Body Parenting** by Mona Delahooke
- **Body and Brain Brilliance** by Lori Desautels
- **The Whole Brain Child** by Dan Siegel and Tina Payne Bryson
- **No Drama Discipline** by Dan Siegel and Tina Payne Bryson
- **The Body Keeps the Score** by Bessel Van der Kolk
- **The Explosive Child** by Ross Greene
- **Hold On to Your Kids: Why Parents Need to Matter More Than Peers** by Gordon Neufeld and Gabor Maté MD
- **Being Seen: Master Parenting in The Digital Age** by Professor Selena Bartlett
- **Ten things I wish you knew about your child's mental health** by Dr Billy Garvey
- **Raising Resilient and Compassionate Children: A Parent's Guide to Understanding Behaviour, Feelings and Relationships** by Marion Rose Ph.D and Lael Stone
- **Parenting Right From the Start: Laying a Healthy Foundation in the Baby and Toddler Years** by Vanessa Lapointe
- **Discipline Without Damage: How to Get Your Kids to Behave Without Messing Them Up** by Vanessa Lapointe
- **The Nervous System Reset** by Jessica Maquire
- **Mothering our Boys: A Guide for mums of sons** by Maggie Dent
- **Girlhood: Raising Our Little Girls to be Healthy, Happy and Heard** by Maggie Dent
- **Help Me Help My Teen: Supporting our Teens Through Tough Times** by Maggie Dent
- **Homecoming: Reclaiming and Healing Your Inner Child** by John Bradshaw
- **Wild Creature Mind: The neuroscience breakthrough that helps you transform anxiety and live a fiercely loving life** by Steve Biddulph

Brain Building books for children:

- **My Calm me Down Book** by Trace Moroney
- **Ups and Downs A book for Kids about Big Feelings** by Karen Young
- **Dear You. Love from your Brain** by Karen Young
- **Little Meerkats Big Panic A story about Learning New Ways to Feel Calm** by Jane Evans
- **Mad Magpie** by Greg Dreise
- **Breathing Makes it Better** by Christopher Willard and Wendy O'Leary
- **I love Me** by Sally Morgan
- **I Grow in Grandads Garden** by Brian Andrew
- **Ish** by Peter Reynolds
- **Beautiful Oops** by Berney Salzberg
- **What do you do with a problem** by Kobi Yamada
- **Alpha Breaths** by Christopher Willard and Daniel Rechtschaffen
- **Alpha Breaths 100** by Christopher Willard and Daniel Rechtschaffen
- **The In-Between Book** by Christopher Willard and Olivia Weisser
- **'I am' Series** by Susan Verde
- **Hey Warrior** by Karen Young
- **The Feelings Series** by Trace Moroney
- **In My Heart** by Jo Witek
- **The Color Monster** by Anna Llenas
- **The Koala Who Could** by Rachel Bright & Tim
- **Field Your Fantastic Plastic Brain** by JoAnn Deak, Ph.D.
- **The Invisible String** by Patrice Kerst
- **Incredible You** by Dr. Wayne W.Dyer
- **My Superhero Brain** by Christel Land
- **Ruby Finds A Worry** by Tom Percival
- **Kindness Is A Superpower** by Alicia Oretogo
- **You Should, You Should!** by Ginny Tilby Wilma Jean
- **The Worry Machine** by Julia Cook
- **My Many Coloured Days** by Dr. Seuss
- **Embrace Your Body** by Taryn Brumfitt
- **Breathe Like A Bear** by Kira Willey
- **The Lion Inside** by Rachel Bright
- **All My Treasures** by Jo Witek
- **Have You Filled A Bucket Today?** by Carol McCloud
- **The Huge Bag of Worries** by Virginia Ironside
- **I Think I Am, I Am** by Louise Hay
- **Some Brains** by Nelly Thomas
- **My Body Is A Rainbow** by Mallika Chopra
- **Goodnight Yoga** by Mariam Gates