

ZARABI PSYCHOLOGICAL HEALTH, LLC

MICHAEL C. ZARABI, PSY.D

General Parenting

How to Talk So Kids Will Listen and Listen So Kids Will Talk
Adele Farber

Siblings Without Rivalry: How to Help Your Children Live Together So You Can Live Too
Adele Farber and Elaine Mazlish

Between Parent and Child
Haim Ginott

Parenting from the Inside Out
Daniel Seigel and Mary Hartzell

Raising an Emotionally Intelligent Child
John Gottman

The Parents We Mean to Be
Richard Weissbord

*Keeping Your Child in Mind: Overcoming Defiance, Tantrums, and Other Everyday Behavior Problems by
Seeing the World through Your Child's Eyes*
Claudia Gold

Magic Years: Understanding and Handling the Problems of Early Childhood
Selma Fraiberg

Anxiety / OCD

*Freeing Your Child from Anxiety: Powerful, Practical Solutions to Overcome Your Child's Fears, Worries, and
Phobias*
Tamar Chansky

*Freeing Your Child from Negative Thinking: Powerful, Practical Strategies to Build a Lifetime of Resilience,
Flexibility, and Happiness*
Tamar Chansky

Freeing Your Child from Obsessive-Compulsive Disorder: A Powerful, Practical Program for Parents of Children and Adolescents

Tamar Chansky

Worried No More: Help and Hope for Anxious Children

Aureen Wagner

Up and Down the Worry Hill: A Children's Book about Obsessive-Compulsive Disorder and its Treatment

Aureen Wagner (Children's Book)

What To Do When You Worry Too Much : A Kid's Guide to Overcoming Anxiety (Children's Book)

Dawn Huebner

What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD

Dawn Huebner

Take Control of OCD: The Ultimate Guide for Kids With OCD

Bonnie Zucker

What to Do When You Grumble Too Much: A Kid's Guide to Overcoming Negativity

Dawn Huebner

Understanding Myself: A Kid's Guide to Intense Emotions and Strong Feelings

Mary C., Ph.D. Lamia

When My Worries Get Too Big! A Relaxation Book for Children Who Live with Anxiety

Kari Dunn Buron

ADHD

Attention Deficit Disorder: Strategies for School Aged Children

Clare Jones

ADHD Book of Lists : A Practical Guide for Helping Children and Teens with Attention Deficit Disorder

Sandra Rief

Taking Charge of ADHD

Russell Barkley

Positive Discipline

Setting Limits with Your Strong-Willed Child : Eliminating Conflict by Establishing Clear, Firm, and Respectful Boundaries

Robert Mackenzie

Positive Discipline

Jane Nelsen

Positive Discipline for Teenagers

Jane Nelsen Ed.D. and Lynn Lott

The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, "Chronically Inflexible" Children

Ross Greene

School Related

Lost at School: Why Our Kids with Behavioral Challenges are Falling Through the Cracks and How We Can Help Them

Ross Greene

Queen Bees and Wannabes: Helping Your Daughter Survive Cliques, Gossip, Boyfriends, and the New Realities of Girl World

Rosalind Wiseman

The Unwritten Rules of Friendship: Simple Strategies to Help your Child Make Friends

Natalie Madorsky Elman

Chronic Illness

Inflammatory Bowel Disease: The Impact on Student Functioning

Michael Zarabi

The Relaxation Response

Miriam Klipper and Herbert Benson

Imagery for Getting Well

Deirdre Davis Brigham

Stress-proofing your child: Mind-body exercises to enhance your child's health

Sheldon Lewis

The Psychology of Chronic Illness: The Healing Work Of Patients, Therapists, And Families

Robert Shulman

Toilet Paper Flowers: A Story for Children about Crohn's Disease

Frank Sileo

Living Well: Chronic Conditions (Series) (Children)

Difficult Topics (Death, Divorce, etc.)

The Invisible String (Children)

Patrice Karst

The Next Place (Children)

Warren Hanson

Gentle Willow : A Story for Children About Dying (Children)

Joyce Mills

Tear Soup (Children)

Pat Schweibert

Lifetimes : The Beautiful Way to Explain Death to Children (Children)

Bryan Mellonie

Two Homes (Children)

Claire Masurel

Dinosaurs Divorce (Children)

Marc Brown

The Tenth Good Thing About Barney

Judith Viorst

Badger's Parting Gifts

Susan Varley

Little Yellow Pear Tomatoes

Demian Elaine Yumei

The Fall of Freddie the Leaf: A Story of Life for All Ages

Leo Buscaglia

Miscellaneous

All Cats Have Asperger Syndrome
Kathy Hoopman

Look me in the Eye: My Life with Asperger's
John Robison

Overcoming Medical Phobias: How to Conquer Fear of Blood, Needles, Doctors, and Dentist
Martin Antony

Overcoming animal and insect phobias: How to conquer fear of dogs, snakes, rodents, bees, spiders, and more
Martin Antony

The Shy Child : Helping Children Triumph Over Shyness
Ward K. Swallow

Say Goodbye to Being Shy: A Workbook to Help Kids Overcome Shyness
Richard Brozovich and Linda Chase

The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness
Williams, Teasdale, Segal, and Kabat-Zinn

Mind Over Mood: Change How You Feel by Changing the Way You Think
Dennis Greenberger and Christine Padesky

*What to Do When Your Temper Flares: A Kid's Guide to Overcoming
Problems With Anger*
Dawn Huebner

*What to Do When You Dread Your Bed: A Kid's Guide to Overcoming
Problems With Sleep*
Dawn Huebner

Sensational Kids: Hope and Help for Children with Sensory Processing Disorder
Dorris Fuller