

Girls to Women Health and Wellness Recommended Reading List

- **Parenting**
- **Puberty**
- **Nutrition**
- **Eating Disorders**

Parenting

Building Resilience in Children and Teens by Kenneth Ginsburg

For Parents: Empower children to grow up to become self-reliant adults who can bounce back from stress. The best parenting book you will ever read

Less Stress, More Success by Kenneth Ginsburg

For Parents: Help your teen build a resume of character while transitioning successfully toward adulthood

How to talk so Teens will Listen & Listen to Teens will Talk by Adele Faber & Elaine Mazlish

For Parents: Communicating with your teens

When things get CRAZY with your Teen by Bradley, Michael

For Parents: What to do when you don't know what to do

Bringing our Boys through the Second Decade by Kathleen Fischer

For Parents: Perspectives on raising boys to become fine young men

Puberty

Growing Up: It's a Girl Thing by Mavis Jukes

For Girls 8-12: Advice on puberty from bras to periods

It's Perfectly Normal by Robie Harris

For Girls and Boys 8-12: Comprehensive education about puberty and sexuality

Talking to YOUR kids about SEX by Laura Berman

For Parents: Help your child/teen develop a healthy, safe and realistic approach to relationships and sexuality

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Nutrition

Intuitive Eating (book and CD) by Tribole and Resch

For Teens/Adults: Learn to eat when you're hungry and stop when you're full, without guilt, games or gimmicks—for the rest of your life!

Weight Loss Confidential by Anne Fletcher

For Teens: Tips from teens who figured out how to change their eating habits, lose weight and keep it off

You GROW Girl! by Gina Scarano-Osika and Kim Denver-Johnson

For Girls Ages 8-14: A great workbook—includes healthy eating, self-acceptance, body image and exercise

I'm, Like, So Fat! by Dianne Neumark-Sztainer

For Teens: Guide to helping children and teens with nutrition, weight or body image worries

Eating Disorders

Life without ED by Jenni Schaefer and Thom Rutledge

For Teens: Advice for "breaking up" with your eating disorder and getting out from under its abusive "spell"

Goodbye ED, Hello Me by Jenni Schaefer

For Teens: Finding yourself after leaving your eating disorder for good

The Parents' Guide to Eating Disorders by Marcia Herrin and Matsumoto

For Parents: Making sense of eating disorders and how parents can help