

Naval Families
F E D E R A T I O N

Championing Royal Navy & Royal Marines families



RECOMMENDED READING

for Royal Navy/ Royal Marines Service personnel and their loved ones

Introduction

Separation and deployment are part and parcel of Royal Navy and Royal Marines Service life. We have put together this book list with a wide range of topics suitable for all ages to help you through the challenges this lifestyle may bring.

Other resources

Are you deploying soon with a young person at home? Are you planning to leave the Service? We have just the resource for you. Visit <http://www.nff.org.uk/documents> to access all of our tailored booklets, free of charge!

BOOK LIST

- **Books about deployment and separation for pre-schoolers and primary school children:**



The Invisible String – Patrice Karst

Mum tells her twins that they're all connected by an Invisible String. Mums and Dads feel the tug whenever kids give it; and kids feel the tug that comes right back: the Invisible String reaches from heart to heart. Does everybody have an Invisible String? How far does it reach anyway? A book to help children cope with a fear of loneliness and separation. One reference to submarines. (US spellings)

The Invisible String Workbook: Creative Activities to Comfort, Calm, and Connect – Patrice Karst & Dana Wyss

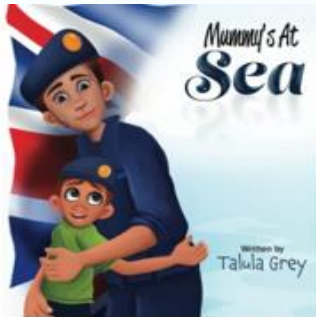
For years, tens of thousands of copies of The Invisible String have been sold to therapists, caregivers, and organisations who work with populations dealing with separation. Whether it's teachers using it around the early days of the school year, military organisations using it for family support, or counsellors using it at grief camps, the book has inspired scores of workshops and creative activities within these groups that are often shared online. The book's co-author, Dana Wyss, is an art therapist who uses the book successfully with her clients, and she and Patrice Karst have partnered to create this workbook to help spread the healing power of The Invisible String to the communities that most need it. The Invisible String Workbook allows readers of all ages who have experienced any kind of separation or loss to delve deeper into their relationships, to engage in exploratory and healing conversations, and to build healthier attachments. (US spellings)



My Daddy's Going Away

Written by Lieutenant Colonel Christopher MacGregor and based on his own experiences of going away from home, this comforting book helps to explain why parents sometimes must go away and shows ways to help children cope. With a foreword by HRH The Prince of Wales and in support of Combat Stress. The parents in the book are a heterosexual couple.





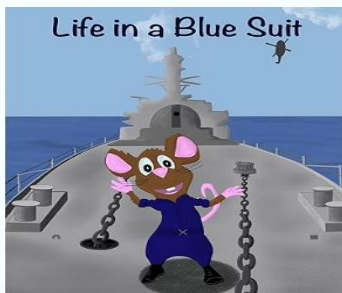
Mummy's At Sea

This book has been written for children with a mummy in the Royal Navy, of primary school age, who experience their mum going away to sea. The book is designed specifically to answer questions young children have about what happens at sea and put to rest their fears and worries. The book can also be used as an educational resource to teach all children about the Royal Navy and help them to support friends who may have a parent on deployment at sea.



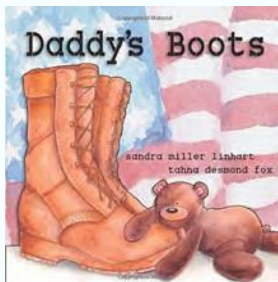
Daddy's At Sea

This book has been written for children with a daddy in the Royal Navy, of primary school age, who experience their parent going away to sea. The book is designed specifically to answer questions young children have about what happens at sea and put to rest their fears and worries. The book can also be used as an educational resource to teach all children about the Royal Navy and help them to support friends who may have a parent deployment at sea.



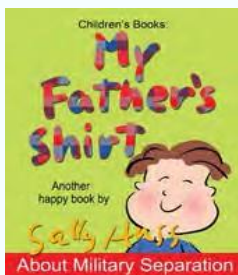
Life In A Blue suit

When sailors go away, everyone can feel a bit sad. When they are on their ships, sailors always think of their children, and they hope that they're having lots of fun. Whilst moving around the ship, the sailor in this story chats to shipmates and lovely thoughts of home spring to mind. This amusing and heartfelt story, drawn from the author's own experiences of being deployed, helps children to understand why a parent must be away from home, cope with their feelings, be assured that they're not alone and know that they're loved and thought about all the time.



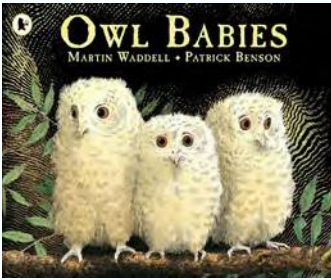
Daddy's Boots – Sandra Miller Linhart

It's Boots' task to take Daddy where he's needed, but it's Daddy's job to explain why. Daddy is a soldier. Boots are preparing to take him away. If Bean can hide Boots, will Daddy be able to stay? Daddy explains the many jobs he's called to do, and how his work isn't that much different than the work other daddies do. Being deployed is a fact of life for serving people. (US publication)



My Father's Shirt – Sally Huss

Many children experience the loneliness created by military separation. The little boy in this story is such a child who describes his struggle with sadness when his father is deployed. But he has a wise and creative father who knows how to turn his son's unhappiness into an opportunity for growth, with the help of his favourite shirt. Touching story.



Owl Babies – Mark Waddell

A gentle tale of three baby owls reassures young children that Mummy will always come home. Three baby owls wake up one night in their hole in a tree to find that their mother has gone. So, they sit on a branch and wait. Darkness gathers and the owls grow anxious, wondering when their mother will return. But, at last, she does, and they bounce up and down with joy, welcoming her home.



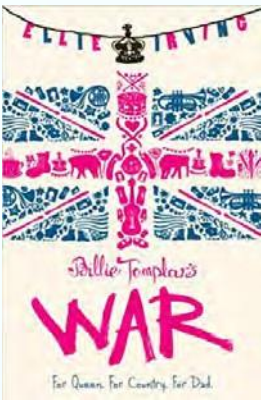
Sometimes: My Daddy's Gone Away with Work – Clare Shaw

A beautifully written book aimed at helping children who are experiencing a parent being away from home. It subtly deals with the conflicting emotions that can arise and offers ideas that could help.



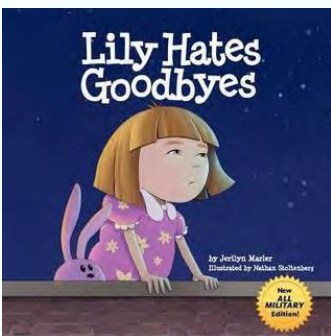
Sometimes: My Mummy's Gone Away with Work – Clare Shaw

A beautifully written book aimed at helping children who are experiencing a parent being away from home. It subtly deals with the conflicting emotions that can arise and offers ideas that could help.



Billie Templar's War – Ellie Irving

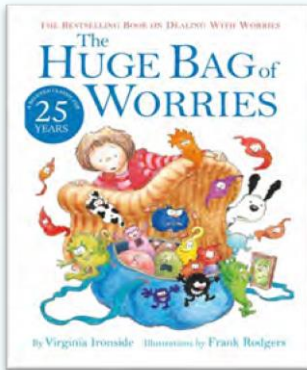
Billie Templar desperately wants her dad to come home. He's a soldier and has been away for seven weeks, fighting for 'Queen and country' - but how can the two of them possibly defend their four-year record of winning the three-legged race at the school carnival if he's thousands of miles away? Then, when one of the other soldiers in Dad's regiment is seriously hurt, the stakes get even higher. Billie needs her dad at home, sharpish. There's only one person who can help - Her Majesty. She's in charge of the army, right? She can send Dad home!



Lily Hates Goodbyes – Jerilyn Marler

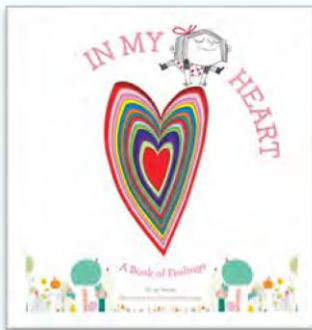
Lily's daddy is deployed for about a billion days. She feels angry, sad, stubborn, and naughty. Her mummy helps Lily understand her emotions and cope with them in healthy ways. Lily finds ways to be happy despite the separating miles. She collects mementos in a box and adds stickers to a calendar to help count down the days to daddy's return. When the big day finally, finally arrives, she jumps joyfully into her daddy's arms. Lily loves hellos! (US spellings and uniforms)

- **Books about feelings, including books that may help children with special needs:**



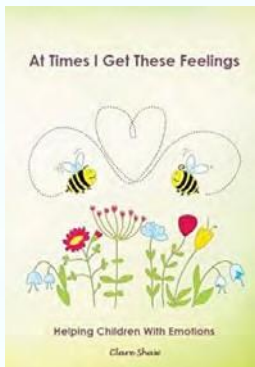
The Huge Bag of Worries – Virginia Ironside

Wherever Jenny goes, her worries follow her - in a big blue bag. They are there when she goes swimming, when she is watching TV, and even when she is in the lavatory. Jenny decides they will have to go. But who can help her? The Huge Bag of Worries was written by Virginia Ironside, one of Britain's leading agony aunts, and has sold 140k copies to date. A compelling picture book which can be used as a springboard into what worries children today.



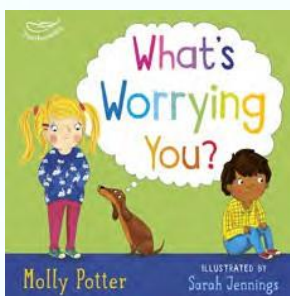
In My Heart: A Book of Feelings by Jo Witek

In My Heart explores emotions--happiness, sadness, bravery, anger, shyness and more. Unlike other feelings books that tend to oversimplify, In My Heart lyrically explains what an emotion feels like, physically, inside. For example: "When I get really angry, my heart feels like it's going to explode! Don't come near me! My heart is yelling, hot and loud. This is when my heart is mad." Toddlers will be empowered by this new vocabulary and able to practice articulating and identifying their own emotions. On the cover and the right side of each spread, a die-cut heart decreases in size, creating a multi-colored heart the depth of the entire book.



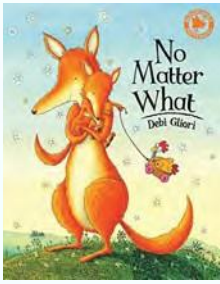
At Times I Get These Feelings

Children can often find it difficult to identify with an emotion. It isn't always easy for them to articulate what they are feeling. This brilliantly written book covers twelve main emotions and is packed full of tips and activities to help children with their emotional literacy. From happy to be embarrassed, to jealous or angry, it touches on each emotion offering talking points around some of the trickier feelings.



What's worrying you? – Molly Potter

A book about helping young children understand their worries, and what to do when they feel overwhelmed by their thoughts and feelings.



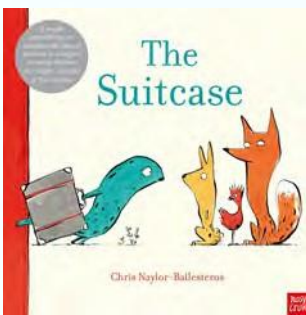
No Matter What – Debi Gliori

A little fox is in a big bad mood and is worried that its mother won't love it forever. The clever and resourceful mother proves to her child that a parent's love is limitless - no matter what! In this reassuring and warm picture book, Debi Gliori manages to treat the familiar subject of childhood worries in a very fresh, original and inventive way.



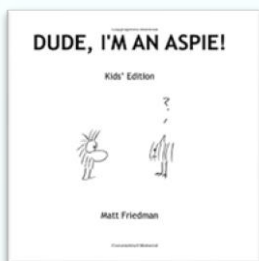
Leon and Bob – Simon James

Leon's dad is in the Army. Bob is Leon's imaginary friend. He shares Leon's room. Everywhere Leon goes, Bob goes too. Then one day a boy moves in next door. But when Leon goes to ask his new neighbor to go to the park with him, he discovers Bob has gone... A book for your children about moving house and making friends, in the context of a military family.



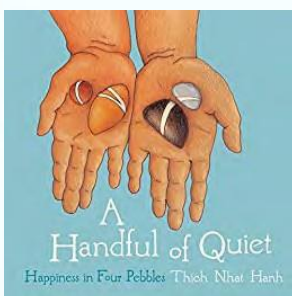
The Suitcase by Chris Naylor-Ballesteros

When a strange-looking animal arrives pulling a big suitcase, the other animals are curious. What on earth could be inside that suitcase? A teacup? Maybe. A table and chair? Perhaps. A whole home and hillside with trees? This stranger must be fibbing! But when the animals break into the suitcase and discover a very special photograph, they begin to understand what the strange creature has been through, and together they create a very special welcome present.



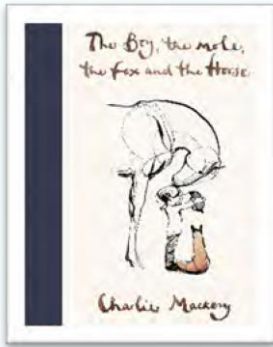
Dude, I'm an Aspie – Matt Friedman

A book to help explain your child's Asperger's traits to others in a way that's clear, positive and fun. Written by an author with autism, cartoons are used to explain the condition.



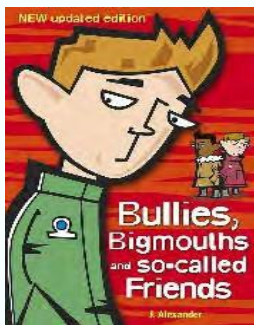
A Handful of Quiet: Happiness in Four Pebbles - Thich Nhat Hanh

Pebble meditation is a playful and fun activity that parents and educators can do with their children to introduce them to meditation. It is designed to involve children in a hands-on and creative way that touches on their interconnection with nature. Practicing pebble meditation can help relieve stress, increase concentration, nourish gratitude, and can help children deal with difficult emotions. A Handful of Quiet is a concrete activity that parents and educators can introduce to children in school settings, in their local communities or at home. Any adult wishing to plant seeds of peace, relaxation, and awareness in children will find this unique meditation guide helpful. Children can also enjoy doing pebble meditation on their own.



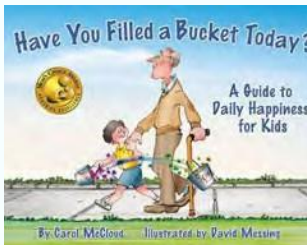
The Boy, The Mole, The Fox and The Horse by Charlie Mackesy
A book of hope for uncertain times.

Enter the world of Charlie's four unlikely friends, discover their story and their most important life lessons. The boy, the mole, the fox and the horse have been shared millions of times online - perhaps you've seen them? They've also been recreated by children in schools and hung on hospital walls. They sometimes even appear on lamp posts and on cafe and bookshop windows. Perhaps you saw the boy and mole on the Comic Relief T-shirt, Love Wins? Here, you will find them together in this book of Charlie's most-loved drawings, adventuring into the Wild and exploring the thoughts and feelings that unite us all.



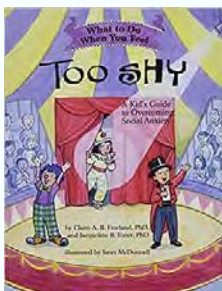
Bullies, Bigmouths and So-called friends – J Alexander

Most books about bullying tell children how to act without addressing how they feel. But the usual advice to 'ignore it' or 'say something smart' is doomed to fail, as you can't act brave and confident if you feel stressed and helpless inside. Jenny Alexander's approach is to develop readers' psychological defenses. Through an entertaining mix of exercises, quizzes and fictional scenarios, she combines common sense with simple cognitive therapy techniques, to build up children's self-esteem. Her tone is humorous and upbeat, but always sensitive to the reader's feelings. This new, updated edition takes account of recent technologies such as texting, MSN and bluejacking, which are increasingly abused by bullies.



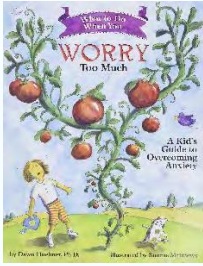
Have You Filled a Bucket Today? – Carol McCloud

This heart-warming book has become a classic, selling over a million copies, and is listed as one of the top children's books that encourage kindness towards others. It encourages positive behaviors by using the concrete concept of an 'invisible bucket' that holds your good thoughts and feelings. When you do something kind, you fill someone's bucket; when you do something mean, you dip into someone's bucket and remove some good thoughts and feelings. This book focuses on how our social interactions positively or negatively affect others.



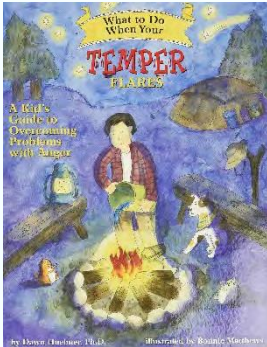
What to Do When You Feel Too Shy: A Kid's Guide to Overcoming Social Anxiety (What-to-Do Guides for Kids) – Clare Freeland

What To Do When You Feel Too Shy is meant to help kids with social phobias and anxiety using an approach based on cognitive behavioral principles. Through a variety of examples, activities and step-by-step instructions, children can learn how to speak up, participate, and expand their comfort zones. Includes a 'Note to Parents and Caregivers'. Ages 6-12.



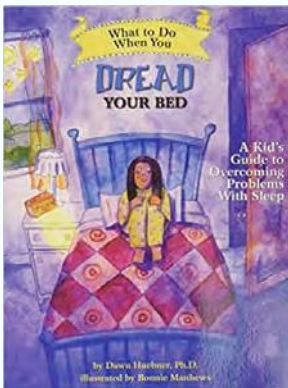
What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety (What-to-Do Guides for Kids) – Dawn Huebner

What to Do When You Worry Too Much is an interactive self-help book designed to guide 6–12-year-olds and their parents through the cognitive-behavioral techniques most often used in the treatment of generalized anxiety. Engaging, encouraging, and easy to follow, this book educates, motivates, and empowers children to work towards change. It includes a note to parents by psychologist and author Dawn Huebner, PhD.



What to Do When Your Temper Flares: A Kid's Guide to Overcoming Problems with Anger (What-to-Do Guides for Kids) – Dawn Huebner

This book guides children and their parents through the cognitive-behavioral techniques used to treat problems with anger. Engaging examples, lively illustrations, and step-by-step instructions teach children a set of "anger dousing" methods aimed at cooling angry thoughts and controlling angry actions, resulting in calmer, more effective kids.



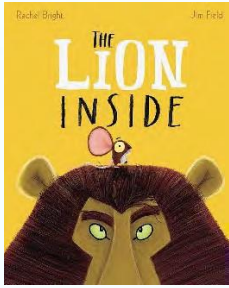
What to Do When You Dread Your Bed: A Kid's Guide to Overcoming Problems with Sleep (What-to-Do Guides for Kids) – Dawn Huebner

Wouldn't it be great if you could climb into bed, snuggle under your covers, and fall asleep without any fuss or fear? Without listening for noises or thinking about bad guys? Without an extra drink, or an extra hug, or an extra trip to the bathroom? Bedtime is tough for many kids. If you're a kid who dreads your bed and are convinced that nothing short of magic will make night-time easier, this book is for you. "What to Do When You Dread Your Bed" guides children and their parents through the cognitive-behavioral techniques used to treat problems with sleep. Fears, busy brains, restless bodies, and overdependence on parents are all tackled as children gain the skills they need for more peaceful nights.



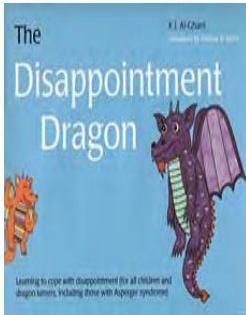
The Red Beast: Controlling Anger in Children with Asperger's Syndrome (K.I. Al- Ghani children's colour story books) - Kay Al-Ghani

Deep inside everyone, a red beast lies sleeping. When it is asleep, the red beast is quite small, but when it wakes up, it begins to grow and grow. This is the story of a red beast that was awakened. Rufus is in the school playground when his friend John kicks a ball that hit him in the stomach and wakes up the sleeping red beast: 'I hate you - I'm going to get you!'. The red beast doesn't hear the teacher asking if he's okay. It doesn't see that John is sorry - how can Rufus tame the red beast? This vibrant fully illustrated children's storybook is written for children aged 5+, and is an accessible, fun way to talk about anger, with useful tips about how to 'tame the red beast' and guidance for parents on how anger affects children with Asperger's Syndrome.



The Lion Inside – Rachel Bright

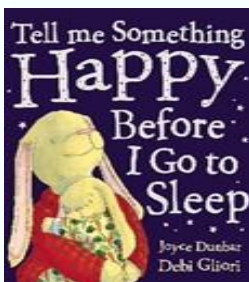
A feel-good rhyming story about one little mouse trying to make himself heard and discovering along the way that even the smallest of us has the heart of a lion.



The Disappointment Dragon: Learning to cope with disappointment (for all children and dragon tamers, including those with Asperger syndrome) – Kay Al- Ghani

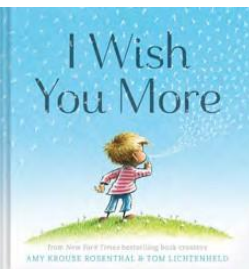
The Disappointment Dragon sometimes comes to see us all and, if we let him, he can make us feel sad or angry. He visits Bobby when he is not picked for the school football team, he also finds Lucinda when she has to miss an exciting school trip because she has the Chicken Pox. He even tries to take the whole of Class Three down to the Valley of Despair when their favourite teacher moves away. Will the Dragon of Hope be able to chase away the Disappointment Dragon and help them see things more positively? The fun characters in this charming, fully illustrated storybook will help children to cope with, and discuss openly, their feelings of disappointment. There are many creative suggestions on how to banish the Disappointment Dragon and an introduction for adults explaining disappointment in children and how they can help.

- **Books for bedtimes:**



Tell Me Something Happy Before I Go to Sleep – Debi Glori

Little bunny Willa is scared to go to sleep, just in case she has a bad dream. She asks her older brother Willoughby for help. Wise Willoughby knows that she just needs to think of all the happy things that will be waiting for her in the morning. A beautiful text, illustrated in an adorable style, this book has won widespread critical acclaim.



I Wish You More – Amy Krouse Rosenthal

In what is essentially a string of secular blessings, an unseen parent/caretaker expresses their hopes for a child's future. Rhymes, wordplay, and relatable metaphors, with an upbeat and hopeful tone. "I wish you more ups than downs," as two children race across a windswept green field, a tiny red kite trailing overhead. "I wish you more will than hill," depicts a boy sweating under the exertion of toting a to-be-planted sapling uphill, and "I wish you more can than not," is represented by a girl's dog staring intently as she attempts to tie her shoes. "I wish all of this for you, because you are everything I could wish. for... and more." Ages 5–8.

- **Books for children about loss through bereavement:**



Love Will Never Die

Following the death of a loved one, it is vital that children have the opportunity to grieve. Using direct but child-friendly language, this book addresses the mixed emotions felt by a child during that process. It offers support and understanding alongside areas where the child can express themselves through writing and drawing. It also houses a packet of tissues and an envelope to keep 'special things'.



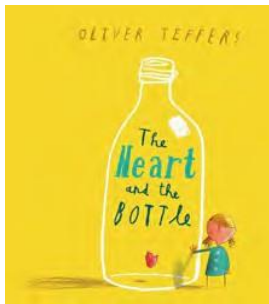
A Child's Grief – Winston's Wish

Useful and informative introduction for any adult who is supporting a child through bereavement. Other publications to help children of different ages experiencing grief can be found [here](https://shop.winstonswish.org/collections/books) (<https://shop.winstonswish.org/collections/books>).



Badger's Parting Gifts – Susan Varley

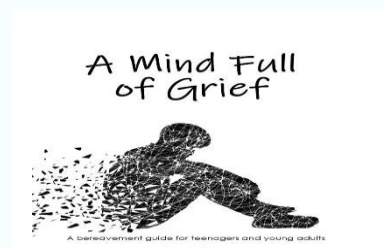
Badger is so old that he knows he will soon die. He tries to prepare his friends for this event, but when he does die, they are still grief-stricken. Gradually they come to terms with their grief by remembering all the practical things Badger taught them, and so Badger lives on in his friends' memories of him.



The Heart and the Bottle – Oliver Jeffers

Award-winning picture book star Oliver Jeffers explores themes of love and loss in this life-affirming and uplifting tale. Once there was a girl whose life was filled with wonder at the world around her. Then one day something happened that made the girl take her heart and put it in a safe place. However, after that it seemed that the world was emptier than before. But would she know how to get her heart back? In this deeply moving story, Oliver Jeffers deals with the weighty themes of love and loss with an extraordinary lightness of touch and shows us, ultimately, that there is always hope.

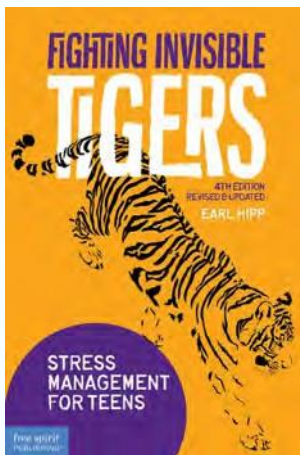
- **For teenagers or young adults about loss through bereavement:**



A Mind Full Of Grief

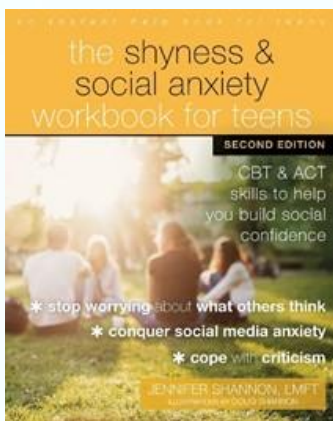
When someone you love dies, what happens next? **As a teenager or young adult**, this can be such a confusing time. So many emotions you may not have felt before. So much confusion. This book will help you through. Filled with practical and honest information but without overloading. Covering everything from grief and the funeral to the future in the most straightforward way.

- **Books for teenagers:**



Fighting Invisible Tigers: Stress Management for Teens – Earl Hipp

Stress is something we all experience, but research suggests that adolescents are affected in unique ways that can lead to increases in impulsive and risky behaviour. While eliminating stress completely isn't realistic, young people can learn to control how they respond to it. "Fighting Invisible Tigers" offers proven techniques that teens can use to deal with stressful situations in any environment - in school, at home, even among friends. It also includes fully up-to-date information on how stress affects health and decision making, as well as the latest stress management skills. Filled with interesting facts, real life stories, and fun activities, this is a great resource for teens everywhere.



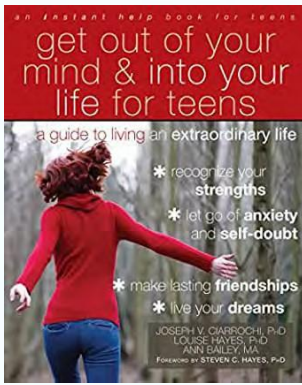
The Shyness & Social Anxiety Workbook for Teens – Jennifer Shannon

During the adolescent years, teens learn to grow more independent of their parents and families and focus instead on social development. But millions of teens with social anxiety and shyness would much rather bypass this critical stage. Shy teens may want to break out of their shell but feel uncertain how to do so, or may be anxious about being judged by their peers. The Shyness and Social Anxiety Workbook for Teens offers a complete program based in cognitive behavioral therapy (CBT) and acceptance and commitment therapy (ACT) for helping teens break free from social anxiety and stop worrying about what others think. This book helps teens come to see that painful emotions, such as embarrassment, are inevitable and survivable.



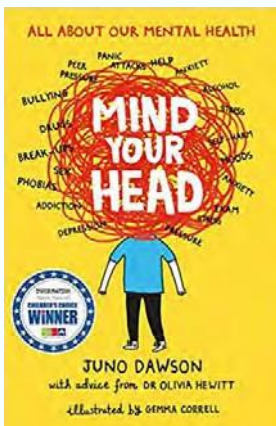
Stuff that sucks - Ben Sedley

Each of us has thoughts that are painful at times; sometimes the pain is sadness, sometimes worry or anger or shame or grief or some feeling that you don't even have words for. If you are a young person struggling with your emotions, you do not want to be told that 'everyone feels like that' or that 'you will grow out of it'. You want to feel that your emotions are valid and that the person offering help truly understands how painful life can feel at times. With a strong emphasis on validation and compassion, Stuff That Sucks encourages you to accept your emotions rather than struggling against them. It also shows how to reconnect with what is really important to you, giving you the tools to help clarify your personal values and take steps towards living a life where those values can guide you in your day-to-day behaviour. Helpful for too if looking for a way to talk with a young person about difficult feelings.



Get Out of Your Mind and Into Your Life for Teens: A Guide to Living an Extraordinary Life (An Instant Help Book for Teens) – Joseph Ciarrochi

Hundreds of thousands of people have read Get Out of Your Mind and Into Your Life to identify the things that are most important to them and give focus and direction to their lives. Get Out of Your Mind and Into Your Life for Teens finally brings these essential skills to teen readers, presenting a comprehensive acceptance and commitment therapy (ACT), positive psychology, and emotional intelligence plan for moving past depression, anxiety, unhealthy behaviours, and simple self-doubt. This engaging book follows the journey of the characters Jess and Sam as they learn to control their impulses and focus on becoming the captains of their own ship. Readers come to see their dreams clearly and take steps to make them happen, even though these actions may risk criticism from others and cause them to feel temporarily embarrassed or afraid. By learning that feelings do not need to be translated into actions, teens learn to see their lives in the long term and gain self-control and emotion regulation skills that will serve them well as they move into adulthood.



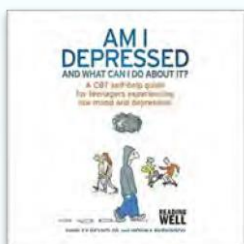
Mind Your Head – Juno Dawson and Dr Olivia Hewett

From the critically acclaimed author of THIS BOOK IS GAY, James Dawson, now writing as Juno Dawson. We all have a mind, so we all need to take care of our mental health as much as we need to take care of our physical health. And the first step is being able to talk about our mental health. Juno Dawson leads the way with this frank, factual and funny book, with added information and support from clinical psychologist Dr Olivia Hewitt. Covering topics from anxiety and depression to addiction, self-harm and personality disorders, Juno and Olivia talk clearly and supportively about a range of issues facing young people's mental health - whether fleeting or long-term - and how to manage them. With real-life stories from young people around the world and witty illustrations from Gemma Correll.



The Anxiety Survival Guide for Teens – Jennifer Shannon

Based in cognitive behavioral therapy (CBT) and acceptance and commitment therapy (ACT). Not a substitute for seeking help via a GP, but useful for teens who don't meet the threshold for support through CAMHS and are being supported by family members.



Am I Depressed and What Can I do about it? - Shirley Reynolds

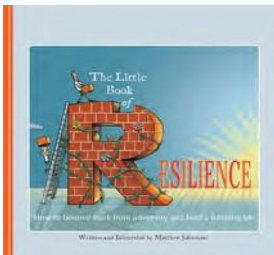
Not a substitute for seeking help via a GP, but useful for teens who don't meet the threshold for support through CAMHS and are being supported by family members. There is a companion book which goes with this one that is aimed at parents to help them to provide support (see books about parenting teens).

- **Books for adults:**



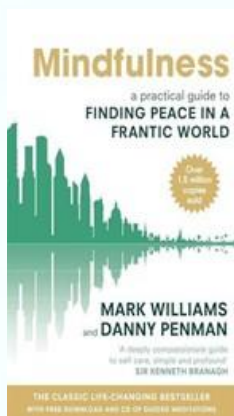
Quiet the Mind – Matthew Johnstone

In a world where finding even ten minutes to 'do nothing', the benefits of meditation can be profound. This beautifully illustrated guide is an inspiring and practical book, with humorous and insightful pictures and text, and a complete absence of 'woo woo'.



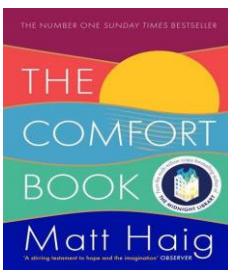
The Little Book of Resilience – Matthew Johnstone

The Little Book of Resilience is about how we can fortify our lives mentally, emotionally and physically. It is not about what happens when we get knocked down but more about what happens when we get up again. It is a book about what resilience is and how we grow and maintain it. Johnstone's illustrations are witty and insightful – a lovely book for someone working through tough times.



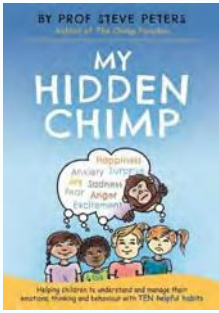
Mindfulness: A practical guide to finding peace in a frantic world – Mark Williams

Based on Mindfulness-Based Cognitive Therapy (MBCT). MBCT revolves around a straightforward form of mindfulness meditation which takes just a few minutes a day. MBCT has been clinically proven to be effective for preventing recurring episodes of depression and it is recommended by the UK's National Institute of Clinical Excellence. It also works for people who are not depressed but who are struggling to keep up with the constant demands of the modern world. Contains a CD of meditations in a plastic wallet inside the back cover. MBCT isn't suitable for people who are in the grip of a drug or alcohol dependency, who are recently bereaved, or during an episode of severe depression. These people should be signposted to appropriate professional support.



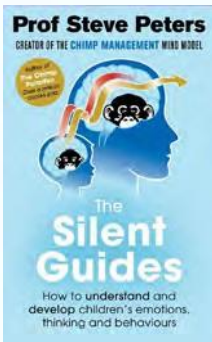
The Comfort Book By Haig And Matt

The Comfort Book is a collection of consolations learned in hard times and suggestions for making the bad days better. Drawing on maxims, memoir and the inspirational lives of others, these meditations offer new ways of seeing ourselves and the world. This is the book to pick up when you need the wisdom of a friend, the comfort of a hug or a reminder that hope comes from unexpected places.



My Hidden Chimp – Prof Steve Peters

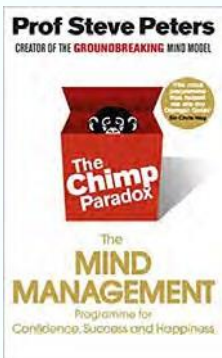
An effective and powerful new educational book that offers parents, teachers and carers some ideas and thoughts on how to help children to develop healthy habits for life. The science behind the habits is discussed in a practical way with exercises and activities to help children think the habits through and start putting them into practice. The neuroscience of the mind is simplified for children to understand and then use to their advantage.



The Silent Guides – Prof Steve Peters

This book has two themes:

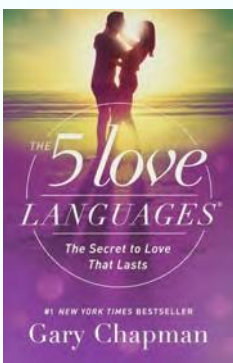
- To help adults to consider and understand where some of their unhealthy or destructive learnt behaviours and beliefs might have come from, and then offer ways to replace them with healthy and constructive behaviours and beliefs.
- To offer ideas and support to parents, teachers or carers that could help children to form healthy and constructive habits and prevent unhealthy or destructive habits from developing.



The Chimp Paradox – Prof Steve Peters

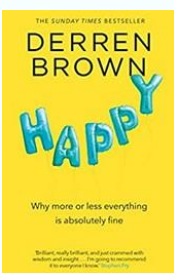
This book is an incredibly powerful mind management model that can help you become a happy, confident, healthier and more successful person. Prof Steve Peters explains the struggle that takes place within your mind and then shows how to apply this understanding to every area of your life so you can:

- Recognise how your mind is working
- Understand and manage your emotions and thoughts
- Manage yourself and become the person you would like to be



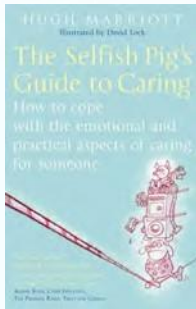
The 5 Love Languages – Gary Chapman

This might sound and look cheesy to some but is actually a very helpful book which comes in a variety of editions for couples, families and teenagers. It is based on the idea that people express and understand emotional love in different ways – so that, for example, one person might express their love through doing helpful jobs around the house, whereas their partner might actually want their quality time and attention to feel loved. A useful, no-blame, practical guide to help people give and receive love in ways that ‘hit the spot’ for partners and family members.



Happy: Why More or Less Everything is Absolutely Fine – Derren Brown

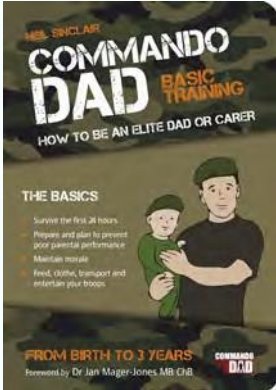
Surprising entry to the list for those who enjoy a philosophical approach to feeling better rather than a ‘self-help’ book. This book discusses Stoic philosophy in an accessible way and proposes practical ways to make life as good as it can be, without straying into the pressure of ‘self-improvement’.



The Selfish Pig's Guide To Caring: How to cope with the emotional and practical aspects of caring for someone – Hugh Marriott

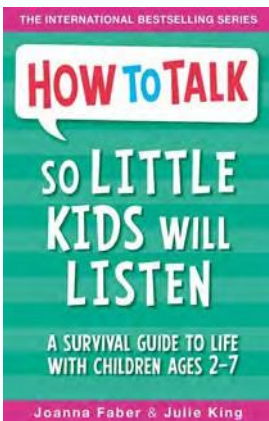
Six million people in the UK, often unnoticed by the rest of us, provide unpaid care for disabled or elderly relatives, friends or neighbours. Their job is long, lonely and hard, yet there is limited support and no formal training. As a result, carers suffer frequent damage to physical and mental health. Oddly, though carers by definition are anything but selfish pigs, they are liable to feelings of guilt, probably brought on by fatigue and isolation. The author's aim is to bring into the open everything he wishes he'd been told when he first became a carer. Aims such topics as sex, thoughts of murder, and dealing with the responses of friends and officials who fail to understand.

- **Books about parenting skills with younger children – particularly useful when parents are absent from home and want to develop a more consistent approach to parenting, or for grandparents and other carers may be involved in childcare:**



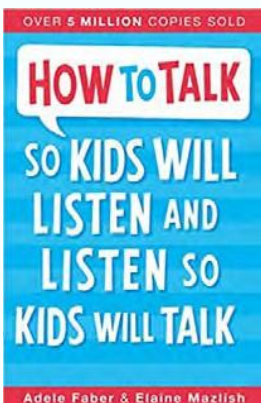
Commando Dad – Neil Sinclair

As used by Prince William himself, here's the basic training manual for fatherhood recruits! Attention! In your hand is an indispensable training manual for new recruits to fatherhood. Written by ex-Commando and dad of three, Neil Sinclair, this manual will teach you, in no-nonsense terms, how to: • Survive the first 24 hours • Prepare and Plan to Prevent Poor Parental Performance • Maintain morale in the ranks • Feed, clothe, transport and entertain your troops • Transport the troops successfully on maneuvers • Increase your flash to bang' time and 'square away' tasks along the way. And much, much more. Let Training Commence.



How To Talk So Little Kids Will Listen: A Survival Guide to Life with Children Ages 2-7 – Joanna Faber and Julie King

The all-new content in this book deals with struggles familiar to every parent, relative, teacher and childminder. How do you respond to the toddler who won't brush his teeth? The preschooler who pinches the baby? The child who throws everything she can reach? It's hard to be a little kid. It's hard to be an adult responsible for that little kid. And it's really hard to think about effective communication when the toast is burning, the baby is crying and you're exhausted. This book will help readers do just that. Organized according to everyday challenges and conflicts, and including real-life examples and the series' trademark cartoons, this book is a survival manual of communication tools, including a chapter that addresses the special needs of children with sensory processing or autism spectrum disorders.



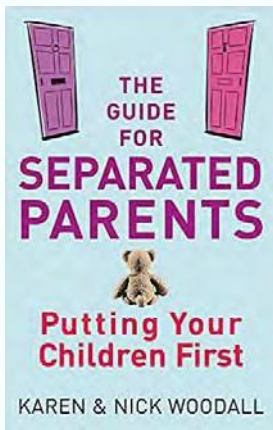
How To Talk So Kids Will Listen and Listen So Kids Will Talk – Adele Faber and Elaine Mazlish

A practical guide to making family life less stressful and more rewarding. Effective step by step techniques to improve and enrich relationships with children, including: breaking patterns of arguments; coping with negative feelings; engaging children's cooperation; setting clear limits and maintaining goodwill; expressing your emotions without being hurtful; and resolving conflicts peacefully.



Parenting Apart: How Separated and Divorced Parents Can Raise Happy and Secure Kids by Christina McGhee

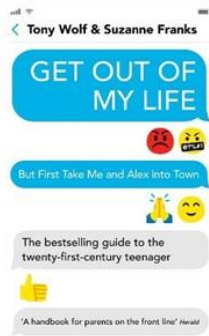
When a marriage ends, the most important thing divorcing parents can do is to help their children through this difficult transition and remain united as parents even if they are no longer united as a couple. In *Parenting Apart* divorce coach Christina McGhee offers practical advice on how to help children adjust and thrive during and after separation and divorce. She looks at all the different issues parents may face with their children of different ages, offering immediate solutions to the most critical parenting problems divorce brings.



The Guide for Separated Parents: Putting Children First by Karen & Nick Woodall

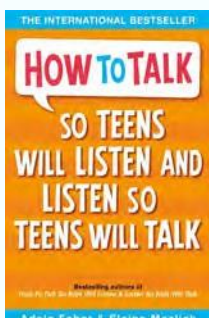
Children living in separated family situations fare best when their relationship with each of their parents continues to be close. *Putting Children First* helps mothers and fathers unlock and resolve the conflict around contact with children that can arise during and after separation. Using strategies such as parenting plans, scripted phone calls and parenting meetings, the book will enable parents to communicate effectively on all the most important things in their children's lives - and make relaxed arrangements for the continued involvement by both parents with their children.

- **Books about parenting teenagers and improving communication – useful for parents/carers wanting to ‘get on the same page’ with their approach and to understand better the concerns facing their teenagers:**



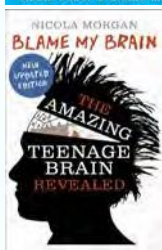
Get Out of My Life...but First take Me and Alex into Town – Tony Wolfe and Suzanne Franks

Witty, enjoyable and genuinely insightful, Get Out of My Life is now updated with how to deal with everything from social media to online threats and porn, as well as looking at all the difficult issues of bringing up teenagers, school, sex, drugs and more. But it's the title of the second chapter, 'What They Do and Why' that best captures the book's spirit and technique, explaining how to translate teenage behaviour into its true, often less complicated meaning. One key mistake, for instance, is getting in no-win conflicts instead of having the wisdom to shut up when shutting up would be the most effective, albeit least satisfying, thing to do. Another is taking offence when the teenager views you, the adult, as idiotic. And there's advice on what to do when this happens. The message is clear: parenting adolescents is inherently difficult. Don't judge yourself too harshly!



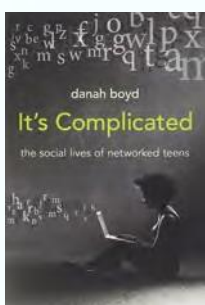
How to Talk so Teens Will Listen & Listen so Teens Will Talk - Adele Faber and Elaine Mazlish

From the widely-acclaimed HOW TO TALK series, discover the tools to combat the often-stormy years of adolescence. Packed with practical, accessible advice and guidelines, both parents and teens will learn how to: engage cooperation; take appropriate action; avoid lectures; express your feelings and understand each other; work out solutions together.



Blame my Brain: The Amazing Teenage Brain Revealed – Nicola Morgan

Interesting reading for parents and teenagers – accessibly written for both – that explains the science behind teenage behaviour. Can help with understanding behaviours that tend to press adult buttons and includes tests and quizzes that can be used to improve communication.



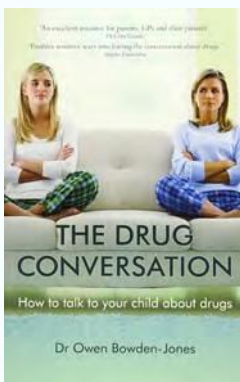
It's Complicated: The Social Lives of Networked Teens – Danah Boyd

Written by the Principal Researcher at Microsoft Research (and therefore based on US research), and helpful reading for anyone who wants to understand young people's use of social media. What is new about how teenagers communicate through services such as Facebook, Twitter, and Instagram? Do social media affect the quality of teens' lives? Boyd uncovers some of the major myths regarding teens' use of social media. She explores tropes about identity, privacy, safety, danger, and bullying.



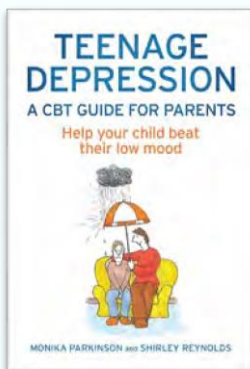
Raising Children in a Digital Age – Bex Lewis

Twitter, Facebook, blogging, chat rooms, email, the internet and beyond - for most parents, teachers and youth workers, getting to grips with new technology is a bit of a challenge. But keeping children safe is a much bigger one. As technology changes, and young people grasp it faster than the older generations do, it can be a real struggle to know what to do to help, equip and defend. Dr Bex Lewis is an expert in new technology. She knows how it works, what to do and where to go for the latest information. It is rarely possible to keep young people away from new technology, nor is it wise. This book will enable parents, teachers and youth workers to give young people the equipment they need to get the best out of new technology and to avoid the dangers.



The Drug Conversation: How to Talk to your Child about Drugs – Dr Owen Bowden-Jones

'Should I drug test my child?' 'I've just found drugs in their room, what do I do now?' The Drug Conversation is a guide for parents about how to raise the thorny issue of drugs with their children. It will help you begin a useful conversation about drugs with your child. This book provides information on the different types of drugs available, their attractions and harms, how they work in the brain, and who uses them and why. It covers issues such as how to detect drug use, drug testing, synthetic drugs (legal highs), accessing help, effective treatments and what to expect from professional medical services. The Drug Conversation also gives practical advice on how to prepare for and have a conversation about drugs with your child including examples of actual conversations between parents and children. Case studies from the author's own clinical practice are used to illustrate the main points.



Teenage Depression: A CBT Guide For Parents

This accessible companion book to 'Am I Depressed and What Can I do About it?' (see books for teenagers) follows essentially the same structure and makes use of the same case studies, but looks at the issues from the parents' point of view, and incorporates additional strategies for parents. From 'what to look out for', through what the evidence says about different forms of treatment, to family communication and relapse prevention. Each section includes troubleshooting boxes. Not a substitute for advice from a GP.

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