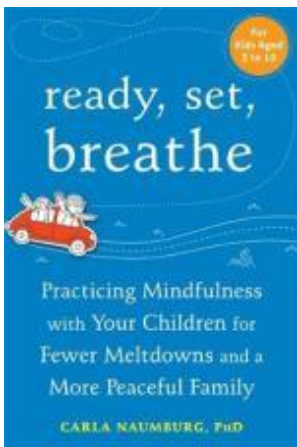




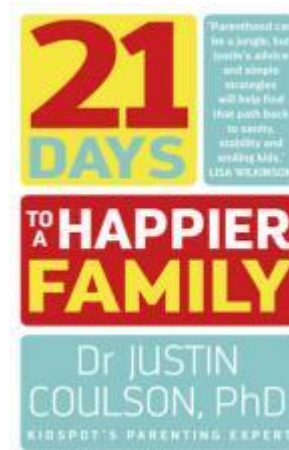
Resource Library



Ready, Set, Breathe: Practicing Mindfulness With Your Children for Fewer Meltdowns and a More Peaceful Family

By Carla Naumburg

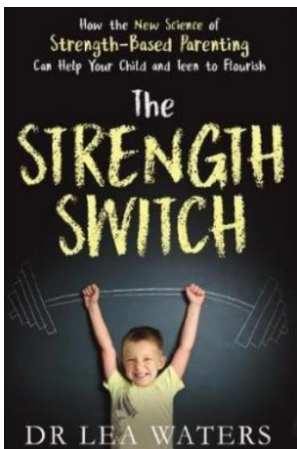
Simple ways to practice mindfulness yourself and with your children



21 Days to a Happier Family

Dr Justin Coulson

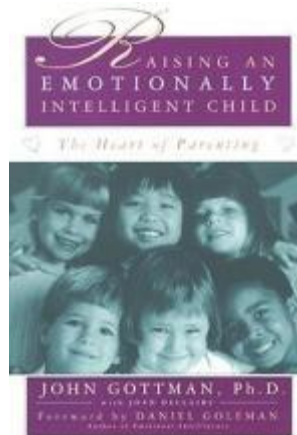
Packed with effective strategies this book uses positive psychology to help parents identify and develop habits that will strengthen their family.



The Strength Switch: How the New Science of Strength-Based Parenting Can Help Your Child and Teen to Flourish

By Dr Lea Waters

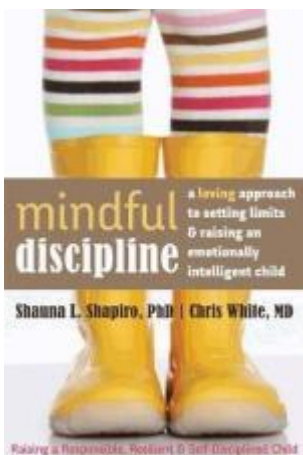
Understand your child's strengths and how to unlock their potential.



Raising an Emotionally Intelligent Child: The Heart of Parenting

By John Gottman

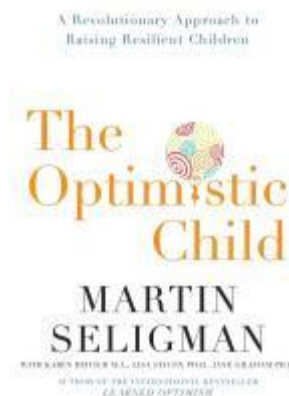
A guide to teaching children to understand and regulate their emotional world.



Mindful Discipline: A Loving Approach to Setting Limits and Raising an Emotionally Intelligent Child

By Shauna Shapiro & Chris White

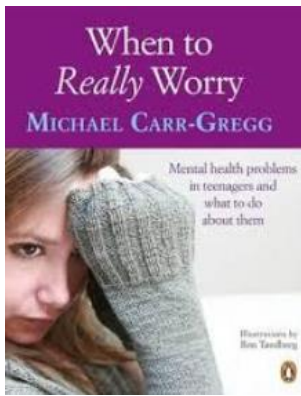
Grounded in mindfulness and neuroscience, this book explores the elements necessary for children to thrive and how to love and set limits.



The Optimistic Child

By Martin Seligman

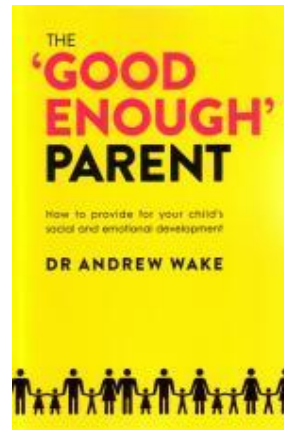
Offering Parents the Tools to Teach Children How to Recognise and Challenge Negative Thoughts and How to Teach New Ways of Thinking.



When to Really Worry

Dr Michael Carr-Gregg

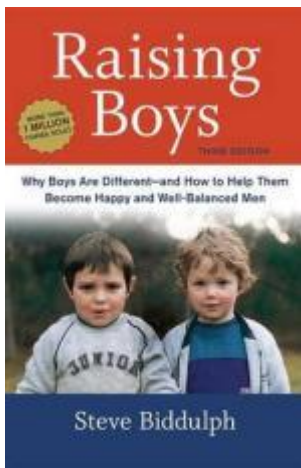
A helpful guide on the symptoms, causes and treatment for mental health difficulties.



The 'Good Enough' Parent: How to Provide for your Child's Social and Emotional Development

By Dr Andrew Wake

Advice on responding to strong emotions, setting boundaries and communicating as a family.



Raising Boys

By Steve Biddulph

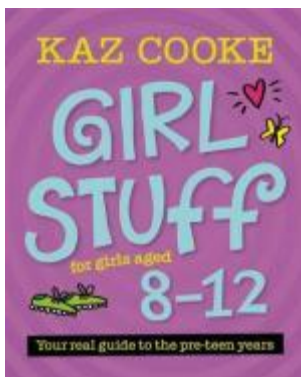
This book explores why boys are different - and how to help them to become well-balanced men.



The Making of Men

By Dr Arne Rubinstein

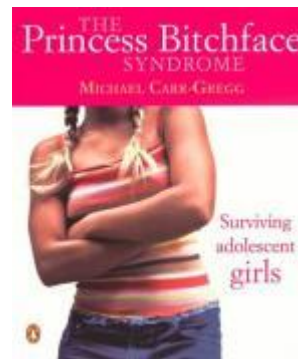
A practical and common-sense guide to helping your son transition from a boy to a young man who is motivated and inspired.



Girl Stuff for Girls Aged 8-12: Your Real Guide to the Pre-Teen Years

By Kaz Cook

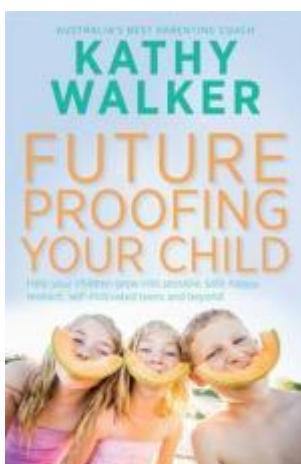
Exploring a range of issues faced by young girls, this book provides information and practical strategies to navigate the pre-teen years.



The Princess Bitchface Syndrome 2.0: Surviving Adolescent Girls

By Dr Michael Carr- Gregg & Elly Robinson

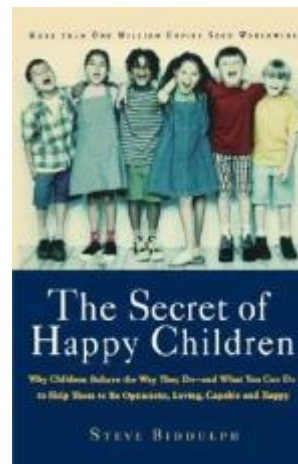
Helping parents to manage many of the challenges of raising adolescent girls.



Future Proofing your Child: Help your Children Grow into Sensible, Safe, Happy, Resilient, Self-Motivated Teens & Beyond

By Kathy Walker

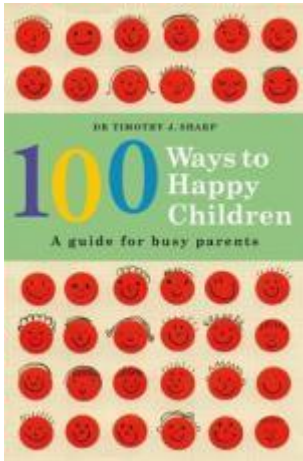
A toolbox to help your children make good decisions, forge good relationships, respect other people, have good communication skills, develop self-discipline, motivation, resilience and emotional intelligence.



The Secret of Happy Children

By Steve Biddulph

Explores why children do what they do and what you can do to help them be optimistic, capable and happy.



100 Ways to Happy Children: A Guide for Busy Parents

By Dr Timothy Sharp

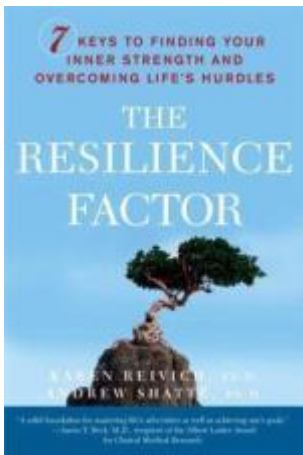
Helping parents to set boundaries, deal with challenging behaviour, celebrate individual qualities, being a good role model for their children and much more.



Sitting Still Like a Frog: Mindfulness Exercises for Kids and Their Parents

By Eline Snel

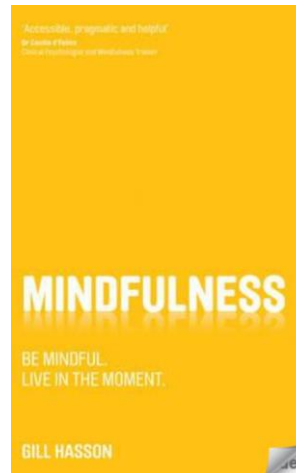
Simple mindfulness practices to help your child deal with anxiety, improve concentration and handle difficult emotions.



The Resilience Factor

By Karen Reivich & Andrew Shatte

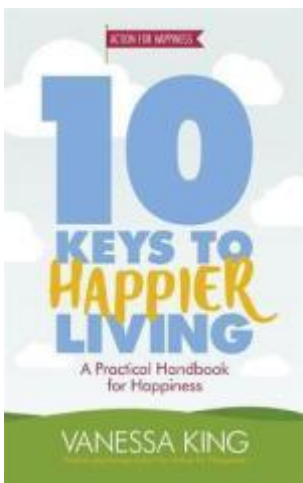
Learn how to develop your inner strength and resilience to meet the challenges of life.



Mindfulness

By Gill Hasson

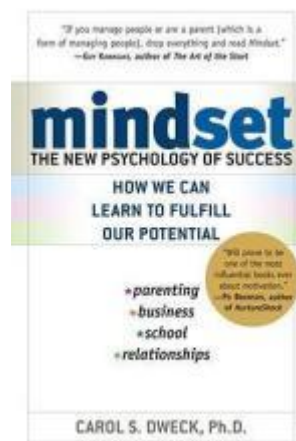
Ideas and techniques to help you enjoy a more mindful approach to life.



10 Keys to Happier Living: A Practical Handbook for Happiness

By Vanessa King

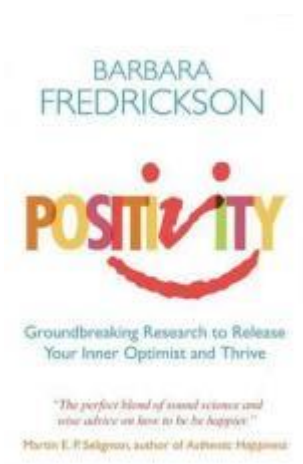
Exploring practical actions that have been shown to increase happiness and wellbeing at home, at work and in the world around you.



Mindset: The New Psychology of Success

By Carol Dweck

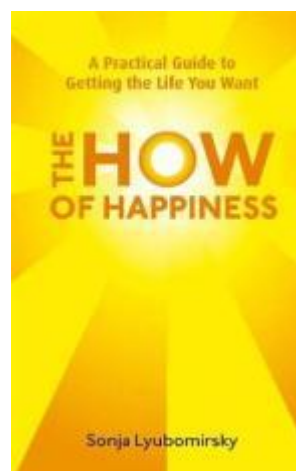
Unlocking the key to success at school, work, sports, the arts and almost every area of human Endeavor.



Positivity: Groundbreaking Research to Release your Inner Optimist and Thrive

By Barbara Fredickson

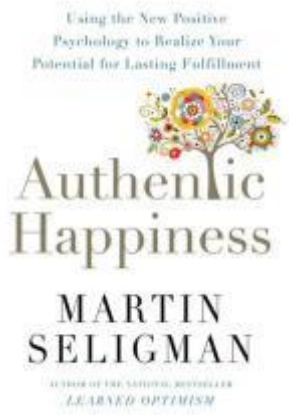
How to bounce back from setbacks, make meaningful connections with others, and become the best version of yourself.



The How of Happiness: A Practical Guide to Getting the Life you Want

By Sonja Lyubomirsky

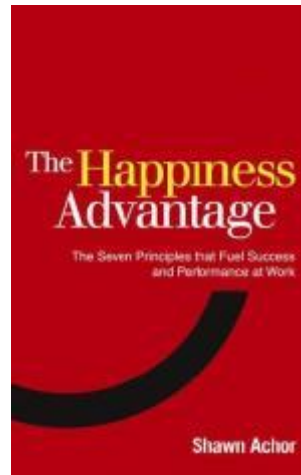
Exploring the obstacles to happiness as well as the methods to harness our individual strengths to overcome them.



Authentic Happiness: Using the New Positive Psychology to Realise your Potential for Lasting Fulfilment

By Martin Seligman

How to achieve new and sustainable levels of authentic contentment, gratification and meaning.



The Happiness Advantage: The Seven Principles that Fuel Success and Performance at Work

By Shawn Achor

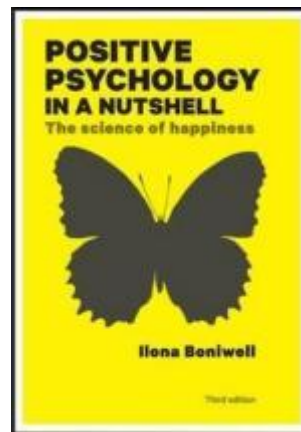
Based on the research of positive psychology, this book looks at how to maximise your potential at work and build a positive mindset in every aspect of your life.



Flow

By Mihaly Csikszentmihalyi

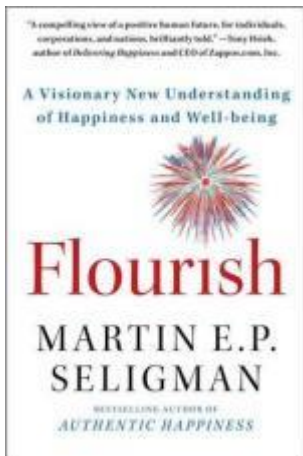
What motivates us and how to enjoy optimal engagement.



Positive Psychology in a Nutshell: The Science of Happiness

By Ilona Boniwell

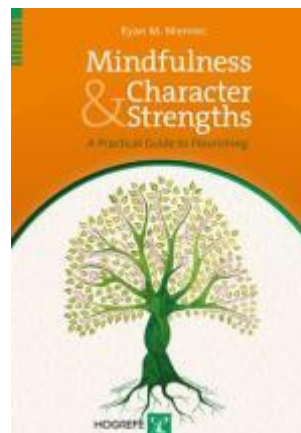
A general introduction to the science of positive psychology.



Flourish

By Martin Seligman

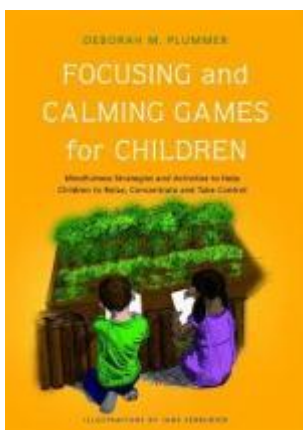
Unlocking the secrets to how to flourish and live your best life by applying the science of positive psychology.



Mindfulness and Character Strengths

By Ryan Niemiec

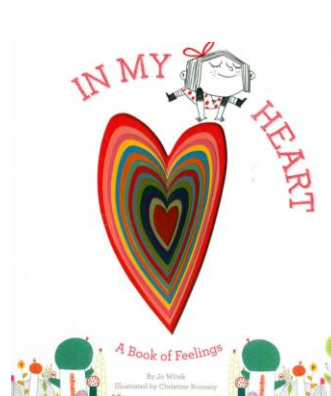
Explore the latest research and practices on character strengths and mindfulness.



Focusing & Calming Games for Children

By Deborah Plummer

Mindfulness strategies and activities to help children to relax, concentrate and take control.



In My Heart

By Jo Witek

A book of feelings to read with children.