Great Books and Resources for Families

The list below points you to some of the best available books, videos, and web resources to help you in your family journey. The books are organized into four areas: Self, Marriage, Parenting, and Development.

BOOKS  
(* = highest recommendation)

Self


**Learned Optimism** By Martin E. P. Seligman, 1991, New York : Alfred Knopf. Optimism may be a key to mental wellness.


**What You Can Change and What You Can't** By Martin E. P. Seligman, 1993, New York : Fawcett. Seligman summarizes what therapies and medications are effective for various disorders.

**The 7 Habits of Highly Effective People** By Stephen R. Covey, 1989, New York : Simon & Schuster. Seven habits for greater personal and interpersonal effectiveness.


Marriage


* **Reconcilable Differences** By Andrew Christensen and Neil S. Jacobson, 2000, New York : Guilford Press. Acceptance is important in maintaining a strong relationship.


The Intentional Family By William J. Doherty, 1997, Reading , MA : Addison-Wesley. Quality family life should not be left to chance.

Take Back Your Marriage By William J. Doherty, 2001, New York : Guilford Press. Many good ideas for protecting your marriage from outside demands.


Not ‘Just Friends’ By Shirley P. Glass and Jean Coppock Staeheli, 2003, New York : Free Press. Affairs can be prevented or overcome.

**Parenting**


* Principles of Parenting By H. Wallace Goddard, Available online at: [http://www.humsci.auburn.edu/parent/](http://www.humsci.auburn.edu/parent/) Individual units can be purchased for 10 cents each by writing to Publications. ACES. Duncan Annex. AU , AL 36849-5623 . Especially recommended: Taking Care of the Parent; Being Understanding; Sending Messages of Love; Enjoying Each Child as an Individual; Something Better than Punishment.


How to Talk So Kids Will Listen and Listen So Kids Will Talk By Adele Faber and Elaine Mazlish, 1999, New York: William Morrow & Co. Practical ideas based on Ginott’s classic work.
Development


*What's Happening to My Body?* By Lynda Madaras and Area Madaras, 2000, Newmarket Press. Help children understand the changes they go through.


For more information about books in these areas or for books in other areas, see *The Authoritative Guide to Self-Help Resources in Mental Health* By Norcorss, Santrock, Campbell, Smith, Sommer, & Zuckerman, 2003, New York: Guilford.

VIDEOS

‘Guiding Children Successfully’ is a series of 12 1-hour programs produced by the University of Arkansas Cooperative Extension Service and AETN. Tapes can be purchased for $25 per program ($8 for educational institutions) from AETN. Go to [http://www.aetn.org](http://www.aetn.org)

‘I Am Your Child’ is a set of 6 tapes with excellent information for caring for young children. Check at [www.iamyourchild.org](http://www.iamyourchild.org) for ordering information. Inexpensive and excellent.

FAMILY WEB LINKS

Children, Youth, and Families Education and Research Network (CYFERnet) at [www.cyfernet.org](http://www.cyfernet.org) includes has practical, research-based information from the nation’s leading universities. Includes hundreds of articles on early childhood, school-age children, teens, parent and family, as well as community.

For good information on family programming within the Cooperative State Research, Education, and Extension Service program, go to Family Development at [http://www.csrees.usda.gov/familysciencehumananddevelopment](http://www.csrees.usda.gov/familysciencehumananddevelopment)