

PYC Speaker Book Recommendations: 2024

<i>Speaker/Session</i>	<i>Book Title</i>
<p><i>Deb Ashton</i> <i>Mindful Self-Compassion – How to Motivate Yourself with Compassion Rather than Criticism!</i></p>	<ol style="list-style-type: none"> 1. <i>The Mindful Self-Compassion Workbook</i> by Kristin Neff and Chris Germer 2. <i>Teaching the Mindful Self-Compassion Program - A Guide for Professionals</i> by Christopher Germer and Kristin Neff 3. <i>Trauma-Sensitive Mindfulness</i> by David A. Treleaven
<p><i>Adrienne Durrant & Gabrielle Ernest</i> <i>Helping Parents Deal with Anxious Behaviors</i></p>	<ol style="list-style-type: none"> 1. <i>Growing Up Brave</i> by Donna B. Pincus, PhD 2. <i>Addressing Parental Accommodation When Treating Anxiety in Children</i> by Eli Lebowitz
<p><i>Celeste Edmunds</i> <i>From Darkness To Advocacy: One Survivor's Journey To Empower Vulnerable Children</i></p>	<ol style="list-style-type: none"> 1. <i>What Happened To You</i> by Bruce D. Perry and Oprah Winfrey 2. <i>Garbage Bag Girl</i> by Celeste L. Edmunds
<p><i>Lynette Ford</i> <i>"To See Things in a Different Light": Stories and Laughter From an Affrilachian Storyteller</i></p>	<ol style="list-style-type: none"> 1. <i>When Your Heart Speaks, Take Good Notes: The Healing Power of Writing</i> by Susan Borkin 2. <i>Play: How It Shapes the Brain, Opens the Imagination, and Invigorates the Soul</i> by Stuart Brown 3. <i>Affrilachian Tales</i> by Lyn Ford 4. <i>Beyond the Briar Patch</i> by Lyn Ford
<p><i>John Noltner</i> <i>A Peace of My Mind</i></p>	<ol style="list-style-type: none"> 1. <i>Lessons on the Road to Peace</i> by John Noltner 2. <i>Portraits of Peace</i> by John Noltner 3. <i>A Peace of My Mind</i> by John Noltner
<p><i>Ben Springer</i> <i>Happy Kids Don't Punch You in the Face: Reducing Aggression and Improving Relationships with Children</i></p>	<ol style="list-style-type: none"> 1. <i>Happy Kids Don't Punch You in the Face</i> by Ben Springer 2. <i>GPS: Good Parenting Strategies</i> by Ben Springer