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| **Title of book** | **Publisher** | **Author** | **Summary** |
| Raising an Emotionally Intelligent Child  The Heart of Parenting | Simon and Schuster | John Gottman | A guide to teaching children to understand and regulate their emotional world using a five-step approach. Being aware of a child’s emotions and recognising an opportunity for teaching. Listening empathetically, labelling using words a child can understand and helping them to deal with upsetting situations appropriately. Suitable for parents of children of all ages. |
| Feel the Fear and do it Anyway | Vermillion | Susan Jeffers | Whatever your anxieties this book will give you insight and tools to vastly improve your ability to handle any situation. You will learn to live your life the way you want and move forward from a place of suffering. |
| The Boy, the mole, the fox and the horse | Penguin | Charlie Mackesy | A beautiful book with illustrations of a world full of love, kindness and friendship. Something we all badly need right now |
| Yessssss  The S.U.M.O secrets to being a Positive, Confident Teenager | Capstone | Paul McGee | This book is full of practical tips on how to build a positive mindset, realise that it is ok not to feel ok. Take ownership and understand different feelings, recover from setbacks, develop new goals and dare to dream from the best-selling author AKA Sumo guy |
| Something Bad Happened | Jessica Kingsley | Dawn Huebner | A kids guide to coping with events in the news for children aged 6 -12 years. Written by a psychologist for Charlie Waller. This book “normalises fear, sadness and worry whilst teaching coping skills to preserve optimism, feelings of safety and strength. |
| The Princess and the Fog | Jessica Kingsley | Lloyd Jones | A story for children with depression key stage one and 2 available from Charlie Waller [www.cwmt.org](http://www.cwmt.org) |
| Looking after your Mental Health | Usborne | Alice James & Louie Stowell | A young person’s guide to good mental health explaining what influences emotions from friendships to social media to bereavement. It is accessible and easy to dip in and out of with lots of useful suggestions. |
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| **Title of book** | **Publisher** | **Author** | **Summary** |
| Counselling for Toads | Routledge | Robert de Board | Appropriate for anyone approaching counselling, whether student, client or counsellor. Very appealing to both children and adults telling the tale of Toad from Wind in the Willows who is depressed and how his friends are worried about him. |
| The Mental Health & Wellbeing Workout Book for Teens | Jessica Kingsley | Paula Nagel | Skills based book with exercises on ACT and CBT for Healthy Thinking. It is easy to understand with tips on how to build emotional resilience. A friendly guide with practical tips. Available through [www.cwmt.org](http://www.cwmt.org) |
| Get out of my life…..but first take me and Alex into Town | Profile Books | Tony Wolf & Suzanne Franks | A handbook for parents on the front line. Witty enjoyable and insightful explaining why teenagers do what they do. |
| Overcoming Perfectionism | Robinson | Roz Shafran, Sarah Egan & Tracey Wade | This self help guide based on CBT techniques describes how clinical perfectionism manifest itself and how to break the circle of never good enough. |
| The 7 Habits of Highly Effective Teenagers | Simon & Schulster | Sean Covey | A guide to making teenage years happy and successful, entertaining, straight talking, and practical. |
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| The Young Mind | Sue Bailey & Mike Shooter | Royal College of Psychiatrists | A timely handbook where leading experts provide invaluable advice for parents, teachers and young adults on issues affecting children, young people and mental health. It is accessible and divided into useful sections |
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| **Title of book** | **Publisher** | **Author** | **Summary** |
| Mindfulness | Rodale | Mark Williams & Danny Penman | Based on techniques of Mindfulness-Based Cognitive Therapy (MBCT) this programme offers simple and straightforward forms of mindfulness meditation that can be done by anyone to achieve a happier existence in a frantic life. |
| Why are they so weird? | Bloomsbury | Barbara Strauch | A book that really explains what happens to children’s brains when they reach adolescence. Hormones play their part, but new studies show there is substantial rewiring taking place particularly in the frontal cortex the part of the brain that governs logic and emotions. |
| Sane New World | Hodder & Stroughton | Ruby Wax | Ruby helps us to understand why we sabotage our sanity, how our brains work and how we can rewire outthinking- often through simple mindfulness techniques- to find calm in a frantic world. |
| The School I’d Like | Routledge | Catherine Burke & Ian Grosvenor | In 2001 the Guardian launched a competition in which children and young people were asked to imagine their ideal school. This vibrant, ground-breaking book presents material drawn from the competition, offering a unique snapshot of perception of today’s schools by those who matter the most – the pupils. |
| **Title of book** | **Publisher** | **Author** | **Summary** |
| Essential Listening Skill for busy school staff | Jessica Kingsley | Nick Luxmoore | Nick starts with the assumption that we all like to think we listen to each other; this short accessible book explains how there is genuine will this can become a reality. It provides lots of practical examples and removes the mystique from counselling. |
| Young minds in our Schools | Young Minds | Peter Wilson and Christine Roche | A guide for teachers and others working in schools |
| Teen Substance Use, Mental Health and Body Image. Practical Strategies for Support | Jessica Kingsley | Ian Macdonald | This practical resource explores the relationship between mental illness and substance use in young people. Whilst studies show the link between the tow, drug use if often mistakenly viewed as deviant behaviour rather than a coping strategy for unmet needs. It is available through the Charlie Waller Memorial Trust  [www.cwmt.org.uk](http://www.cwmt.org.uk) |
| S.U.M.O  (Shut up, Move on) | Capstone | Paul McGee | The way you think is a major factor in determining what happens in your life. This book shows that you can take responsibility and fulfil your potential, seize opportunities, enjoy relationships, succeed at work and respond to adverse situations with appositive attitude. |
| Celebrating Strengths | CAPP Press; first edition | Anthony Seldon, Jennifer Fox Eades | A strengths-based school is one where the focus is primarily on strengths, not weaknesses, where teachers and pupils aim not to be 'OK,' but to excel. Celebrating Strengths combines the latest research from positive psychology with two ancient teaching methods, oral storytelling and community celebration, to bring the concept of the strengths-based school to life. |
| Teaching Happiness | Optimus Education | Ruth MacConville | A ten-step curriculum for creating positive classrooms. |
| Think Good - Feel Good | John Wiley and Sons Ltd | Paul Stallard | A Cognitive Behaviour Therapy Workbook for Children and Young People |
| Calm at Work | Penguin | Paul Wilson | This guide contains simple techniques to help you feel calm at work. It provides advice covering such topics as: how to take control of your work and your life; ways to put time into perspective; problem-solving techniques; handling personal conflicts; and making assertiveness work for you. |
| The Mental Health Handbook for Primary School | Speechmark | Belinda Heaven | This book provides a comprehensive resource to help teachers’ and support staff deal sensitively with this important area.  It contains background information a power point presentation for introducing staff to the subject and a wide range of lesson plans with all the necessary copiable resources as well as a valuable resource directory |
| The Happiness Equation | Adams Media Corporation | Bridget Grenville-Cleave, Ilona Boniwell, Tine Tessina | 100 Factors That Can Add to or Subtract from Your Happiness. An easy-to-read self-help book on happiness in 144 pages, it promises you "100 factors that can add to or subtract from your happiness". Just do the math and see how happy you are. Then bring some change in your life by adding some positive factors and getting rid of some of the negative factors. There you are, congratulations, you helped yourself turn into a happier person. |
| Strength Cards | St Luke’s Innovative Resources |  | For over two decades these cards have played a vital self-esteem building role in the lives of countless individuals and families. |
| Stress-Busting for Teachers | Nelson Thornes Ltd | Chris Kyriacou | Guidance for teachers on strategies and how to deal with stress at work positively and effectively. |
| Developing the Emotionally Literate School  **Title of Book** | Paul Chapman  **Publisher** | Katherine Weare  **Author** | Book for people who deal with schools and young people - promote emotional wellbeing and practical ways to use emotional literacy to realise goals etc  **Summary** |
| Stress proof your Life | Infinite Ideas Ltd | Elisabeth Wilson | Know how to relax but can’t be bothered to do it? It is time to act, in this book you will find 52 brilliant ideas for dealing with the sort of stress that poleaxes your life. Most of these ideas sound dimple but they work at a profound level – if you do them! |
| Detoxing Childhood - What parents need to know to raise bright, balanced children | Orion Books LTD | Sue Palmer | Guide on how parents can help today's children grow up healthy, happy and resilient, despite the pressures of a toxic world. |
| How to lift depression ..  Fast | HG Publishing | Joe Griffin and Ivan Tyrrell | A guide to understanding and how to lift depression. Also, they describe how to overcome it. |
| Shoot the Dam Dog | WW Norton and Co | Sally Brampton | A memoir through depression, this personal perspective provides remarkable insight and combines information with a delightful sense of humour. |
| Emotional Intelligence | Bloomsbury Publishing PLC; New edition edition | Daniel Goleman | An impressive argument that excellence is more than IQ' Daily Mail 'A well-written and practical guide to the emotions, perfectly pitched in tone and scope' Financial Times 'Forget IQ. Brains may come in useful, as may social class and luck, but as a predictor of who will succeed in any area of life, EQ is the thing to worry about' Good Housekeeping |
| CBT Cognitive Behaviour Therapy A Practical Guide  **Title of Book** | Icon Books  **Publisher** | Elaine Iljon Foreman & Dr Claire Pollard  **Author** | This practical guide gives you straightforward, proven techniques form experts in this life changing therapy. It is full of practical exercises to help you feel happier, overcome your fears, and think in a more helpful way.  **Summary** |
| The Little Book of Hygge | Penguin | Miek Wiking | Denmark is often said to be the happiest country in the world. That's down to one thing: hygge 'Hygge has been translated as everything from the art of creating intimacy to cosiness of the soul to taking pleasure from the presence of soothing things. |
| Blame my Brain |  | Nicola Morgan | Blame My Brain shows what’s going on in your head, why, why it’s important, how long it will last, and what you can do about it. It speaks directly to you, teenagers, and is for you. But parents and teachers usually grab it and devour it eagerly… There’s fantastic research into the teenage brain and what scientists have discovered in the last few years will amaze you. And reassure you. And amaze and reassure your parents. |
| The Child the Family and the Outside World | Penguin Psychology | DW Winnicott | Beginning with the natural bond between mother and child which is the key to personality. This book explores the phases of development in a straightforward, sympathetic way. A book which will be invaluable to parents. |
| Self- Esteem at the Centre | Lucky Duck | George Robinson & Barbara Maines | This is an updated version of you can you know you cn a workshop booklet packed with ideas and practical strategies for managing behaviour and growing emotional literacy. |
| Reasons to Stay Alive | Canon Gate | Matt Haig | A true story of how Matt came through a crisis and triumphed over a mental illness that nearly destroyed him. He learned to live again and it is moving , funny and joyous to read. A book about making the most of your time on earth |
| **Title of Book** | **Publisher** | **Author** | **Summary** |
| Feeling Good | Forbes Publications | Noreen Wetton & Peter Cansell | An essential tool for raising self-esteem in the primary classroom written with humour and understanding. |
| The Little Book of Resilience |  | Matthew Johnstone | Beautifully illustrated book guiding the reader to an understanding of how resilience plays a major part in wellbeing. |
| The Ladybird Book of Mindfulness | Ladybird | J Hazeley & JP Morris | This book will greatly appeal to adults and takes a light-hearted look at the subject with real humour. |
| 101 Days to Make a Change – Daily Strategies to move from knowing to being | Crown House Publishing  Carmarthen Wales | Roy Leighton, Emma Kilbey and Kristina Bill | A constructive and compassionate companion that will help get you back in the driving seat of your life. Its expansive ideology is grounded in an achievable process with a realistic timeframe to help chart progress and acknowledge results. |
| Stop Hitting Mum | Young Voice | Audrey Mullender et al | A book which crosses boundaries, a touching account from the mouths of children about their experiences which provides a clear insight into domestic abuse for practitioners. |
| Happy Families | Continuum International Publishing Group London | Steve Bowkett, Time Harding, Trisha Lee and Roy Leighton | This book takes a focus on that most challenging of activities – parenting young children and adolescents. There is no manual for parenthood, but there are a lot of good ideas and pointers and this book contains many sources of inspiration. |
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| The Big Book of Independent Thinking | Crown House Publishing | Ian Gilbert | This book will encourage you to ask searching questions rather than seek off the shelf answers. Independent Thinking Ltd is a network of educational innovators and practitioners who have compiled a thought provoking academically rigorous compendium of ideas to make creative leaps in your classroom and school. |
| A Moon on Water | Crown House Publishing  Carmarthen Wales | Steve Bowkett, Time Harding, Trisha Lee and Roy Leighton | A Workbook of practical ideas and activities that can be applied in a range of contexts across the curriculum as a basis for philosophical enquiry, exploring feelings and enhancing emotional resourcefulness. It shows children how to connect who they are with what they do and why they are here. |
| When Someone VERY Special Dies | Woodland Press USA | Marge Heegaard | This book teaches basic concepts of death to help children understand and express the many feelings they have when someone special dies. |
| Childhood Bereavement | Childhood Bereavement Network | Nina Job & Gill Frances | Developing the curriculum and pastoral support brings the spotlight on the important role schools play in helping children to understand death. It provides practical ideas using case studies and drawing on best practice. |
| Waterbugs & Dragonflies | Pilgrim Press | Doris Stickney | A thoughtful booklet explaining death to young children |
| The Secret C | Winston’s Wish | Julie A Stokes OBE | Written by the founder of WW a clinical psychologist in collaboration with Macmillan helping families affected by cancer to talk more openly |
| Muddles, Puddles and Sunshine | Winston’s Wish | Diana Crossley & Kate Sheppard | This book offers practical and sensitive support for bereaved children. |
| Grief in Children  A Handbook for Adults  **Title of Book** | Jessica Kingsley  **Publisher** | Atle Dyregrov  **Author** | This book covers all the questions that might come up for parents, family or teachers, it is most useful for any adult helping a child with grief and loss.  **Summary** |
| Milly’s Bug Nut | Winston’s Wish | Jill Janney | A story of a family finding their way through bereavement |
| Good Grief | Balboa Press | Dipti Tait | Whatever your loss, and however you are adjusting to it, this book can help you move forward into a state of acceptance. Dipti uses her clinical experience alongside reader friendly exercises to turn bad grief in to good grief. |
| The Little Book of Bereavement for Schools | Crown House | Ian Gilbert | This is a little book about a big thing. A thing that most adults assume children do not have to experience – the landscape of profound loss and change that we hope will not confront them until adulthood. This compassionate guide for professionals working with children providing a helpful list of do’s and don’ts during a difficult time. |
| The Day the Crayon’s Quit | Harper Collins | Oliver Jeffers | A delightful story about inclusivity and celebrating difference in an amusing and accessible way for children. |
| Red A Crayon’s story | Harper Collins | Michael Hall | A fabulous book that makes diversity accessible for very young children. |
| Little Meerkat’s Big Panic | Jessica Kingsley | Jane Evans | This gentle engaging story cleverly conveys sophisticated concepts and feeling about emotional regulation. |
| What to do When you Worry Too Much | Imagination Press American Psychological Association | Dawn Huebner | Based on CBT techniques this practical resouce help children to overcome anxiety. |
| 101 Days to Make a Change | Crown House | Roy Leighton, Emma Kilbey & Kristina Bill | This is a constructive and compassionate companion to help you get back into the driving seat of your life. Its expansive ideology is grounded in an achievable process with a realistic timeframe to help chart progress and acknowledge results. |

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| **Title of book** | **Publisher** | **Author** | **Summary** |
| The Kindness Tree | Golden Tree CIC | Simon Richardson & Sandra Saint | An educational toolkit for puppetry in the classroom and beyond. A practical resource for teachers and facilitators with a range of scripts to explore topics such as safety and bereavement. |
| My Anxiety Handbook Getting Back on Track | Jessica Kingsley | Sue Knowles, Bridie Gallagher & Phoebe Mc Ewen | For 12 – 18-year olds a survival guide to help them learn how to recognise and manage symptoms and overcome their biggest worries |
| A Mindfulness Guide for the Frazzled | Penguin | Ruby Wax | A witty and practical guide combining humour, theory and science. |
| Mental Health in Children & Young People | Sheldon Press | Dr Sarah Vohra | An invaluable resource for parents, teachers and anyone concerned about a young person’s emotional wellbeing. What to do if and when to worry. |
| Emotional Health and Wellbeing | Optimus Education | Belinda Heaven | Teacher support - ideas for classroom activities, introducing Emotional Health and Wellbeing |
| The Parent’s Guide to Eating Disorders | Lion Oxford | Jane Smith | A jargon free book that will be invaluable and reassuring to bewildered and frightened parents of children with eating disorders. |
| Child and adolescent mental health today: a handbook | Pavilion Publishing (Brighton) Ltd | Catherine Jackson, Kathryn Hill, Paula Lavis | Children and Young people - mental health illness. Handbook has been divided in to five sections: - an overview of child and adolescent mental health policies and service structures - maternal and infant mental health - children’s mental health - adolescent mental health - diagnoses and treatments |
| Find your power | Nicholas Brealey Publishing; illustrated edition | Dr Christopher Johnstone | He has made accessible the literature from positive psychology, therapy, systems thinking and addictions recovery and woven them together |

https://www.winstonswish.org/suggested-reading-list/