

Synergy Book Recommendations

Below is a list of preferred reading material for subjects ranging from building motivation and success in children, to managing ADHD symptoms, to anxiety, to friendship and other self-improvement and family improvement topics.

Parenting

- [Mindset: The New Psychology of Success](#) by Carol S. Dweck Ph.D.
- [Cleaning House](#) by Kay Wills Wyma
- [The Minds of Boys](#) by Michael Gurian and Kathy Stevens
- [Parenting with Love and Logic](#) by Foster Cline, M.D. and Jim Fay
- [Parenting the Strong-Willed Child](#) by Rex Forehand, Ph.D. and Nicholas Long, Ph.D.
- [The 5 Love Languages of Children](#) by Gary Chapman, Ph.D. and Ross Campbell, M.D.
- [The Big Disconnect](#) by Catherine Steiner-Adair, Ed.D., and Teresa H. Barker
- [Wild Things](#) by Stephen James and David Thomas
- [The Motivation Breakthrough](#) by Richard Lavoie
- [Raising a Modern-Day Joseph](#) by Larry Fowler
- [How Children Succeed](#) by Paul Tough

Encouraging Success for Learning Disabilities

- [The Motivation Breakthrough](#) by Richard Lavoie
- [How Children Succeed](#) by Paul Tough

Developing Social Skills

- [It's So Much Work to be Your Friend](#) by Richard Lavoie

OCD

- Talking Back to OCD by John S. March, M.D.

ADHD

- Smart but Scattered by Peg Dawson, Ed.D. and Richard Guare, Ph.D.
- Smart but Scattered Teens by Richard Guare, Ph.D., Peg Dawson, Ed.D., & Colin Guare
- Taking Charge of ADHD by Russell H. Barkley, Ph.D.
- Parenting Children with ADHD by Vincent J. Monastra, Ph.D.
- Late, Lost, and Unprepared by Joyce Cooper-Kahn, Ph.D. and Laurie Dietzel, Ph.D.

Anxiety

- Helping Your Anxious Child by Ronald M. Rapee, Ph.D., Ann Wignall, Ph.D., Susan H. Spence, Ph.D., Vanessa Cobham, Ph.D., and Heidi Lyneham, Ph.D.

Depression and Anxiety for Adults

- Feeling Good by David D. Burns, M.D.

Self-improvement for Adults

- Mindset: The New Psychology of Success by Carol S. Dweck Ph.D.
- Boundaries by Henry Cloud and John Townsend
- You'll Get Through This by Max Lucado
- The Emotionally Healthy Woman by Geri Scazzero
- Emotional Intelligence by Daniel Goleman
- Learned Optimism by Martin E.P. Seligman, Ph.D.
- A Year with C.S. Lewis by C.S. Lewis