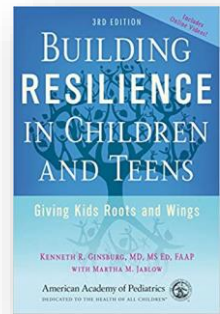


Resilient Parenting: Recommended Reading

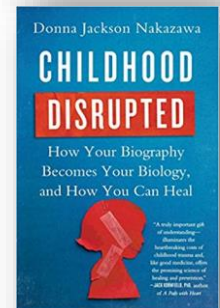
On Building Resilience in Children

- *Building Resilience in Children and Teens: Giving Kids Roots and Wings*, Kenneth R. Ginsburg



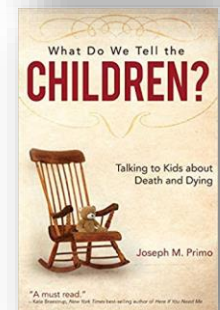
On Adversity, Resilience, and Raising Kids

- *Childhood Disrupted: How Your Biography Becomes Your Biology, and How You Can Heal*, Donna Jackson Nakazawa



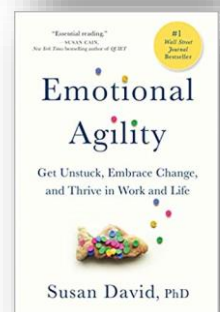
On Childhood Bereavement

- *What Do We Tell the Children? Talking to Kids About Death and Dying*, Joe Primo



On Emotional Intelligence

- *Emotional Agility: Get Unstuck, Embrace Change, and Thrive in Work and Life*, Susan David



On Mindfulness and Meditation

- *Altered Traits: Science Reveals How Meditation Changes Your Mind, Body, and Brain*, Daniel Goleman & Richard Davidson

