

DR. LOY'S

# Recommended Books for Parents & Caregivers



Fire Child Water Child – Dr. Stephen Cowan



Integrative Pediatrics – Hilary McClafferty



The Holistic Pediatrician – Kathi Kemper



Mental Health for the Whole Child – Scott Shannon



The Deepest Well – Nadine Harris



Treatment Alternatives for Children – Lawrence Rosen



Gorilla Thumps and Bear Hugs



A Child in Pain – Leora Kuttner



The Quiet Book – Deborah Underwood



I am Enough – Grace Byers



How to Break Up with Your Phone, The Power of Fun – Catherine Price



Anxious Generation – Jonathan Haidt



Child of Mine – Ellyn Satter



Secrets of Feeding a Healthy Family – Ellyn Satter



## Anxious Kids Anxious Parents – Reid Wilson

For therapy-extending book recommendations related to:

- anger, anxiety,
- OCD, depression,
- trauma, ADHD,
- autism, bereavement,
- bipolar disorder, borderline personality disorder,
- depression, eating disorder,
- insomnia, non-suicidal self-injury,
- panic disorder, perfectionism,
- PTSD, physician well-being,
- school avoidance, social anxiety

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