

# BOOK LIST

## ADULT

1. ***If You Love Me: A Mother's Journey Through Her Daughter's Addiction and Recovery*** by Maureen Cavanaugh
2. ***Teens Under the Influence*** by Katherine Ketcham
3. ***Beyond Addiction: How Science and Kindness Help People Change*** by Jeffrey Foote
4. ***It Will Never Happen to Me: Growing Up with Addiction as Youngsters, Adolescents, and Adults*** by Claudia Black
5. ***Dopesick: Dealers, Doctors, and the Drug Company that Addicted America*** by Beth Macy
6. ***American Overdose: The Opioid Tragedy in Three Acts*** by Chris McGreal
7. ***Dreamland*** by Same Quinones
8. ***Beautiful Boy: A Father's Journey Through His Son's Addiction*** by David Sheff
9. ***Addict in the Family: Stories of Loss, Hope, and Recovery*** by Beverly Conyers
10. ***I Love You, More: Short Stories of Addiction, Recovery, and Loss From the Family's Perspective*** by Blake E. Cohen
11. ***Opioid, Indiana*** by Brian Allen Carr
12. ***Heartbroken: Grief and Hope Inside the Opioid Crisis*** by Ellen Krohne
13. ***American Epidemic: Reporting from the Front Lines of the Opioid Crisis*** by John McMillian
14. ***The Chemistry of Calm: A Powerful, Drug-Free Plan to Quiet Your Fears and Overcome Your Anxiety*** by Dr. Henry Emmons and Rachel Kranz
15. ***The Chemistry of Joy: A Three-Step Program for Overcoming Depression Through Western Science and Eastern Wisdom*** by Dr. Henry Emmons and Rachel Kranz
16. ***Emotional Intelligence: Why It Can Matter More Than IQ*** by Daniel Goleman

## YOUTH/TEEN

1. ***Straight Talk - Drugs and Alcohol*** by Stephanie Paris
2. ***No Thanks, But I'd Love to Dance: Choosing to Live Smoke Free*** by Jackie Reimer
3. ***Understanding Drugs*** by Renae Gilles
4. ***Opioid Crisis*** by Natalie Hyde
5. ***Far Apart, Close in Heart: Being a Family when a Loved One is Incarcerated*** by Becky Birtha
6. ***Wish You Were Here: Teens Write about Parents in Prison*** by Autumn Spanne
7. ***Emmy's Question*** by Jeannine Auth



8. ***Hey, Kiddo*** by Jarrett J Krosoczka
9. ***My Dad Loves Me, My Dad Has a Disease*** by Claudia Black
10. ***Daddy Doesn't Have to be a Giant Anymore*** by Jane Resh Thomas
11. ***Addie's Mom Isn't Home Anymore*** by Genia Calvin
12. ***Just Breathe: Meditation, Mindfulness, Movement, and More*** by Mallika Chopra
13. ***Michael Rosen's Sad Book*** by Michael Rosen
14. ***Sometimes My Mommy Gets Angry*** by Bebe Moore Campbell
15. ***What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety*** by Dawn Huebner

## EARLY CHILDHOOD

1. ***Think of Wind*** by Catherine Mercury
2. ***Oh No! When a Parent Goes Away*** by Dakota King-White
3. ***An Elephant In the Living Room*** by Jill M. Hastings and Marion H. Typpo
4. ***Making Good Choices*** by Sally Huss
5. ***Listening to My Body*** by Gabi Garcia
6. ***Listening With My Hearth*** by Gabi Garcia
7. ***I Am Enough*** by Grace Byers
8. ***When Sadness is at Your Door*** by Eva Eland
9. ***When Sophie Gets Angry - Really, Really Angry*** by Molly Bang
10. ***The Pigeon Has Feelings, Too!*** by Mo Willems
11. ***The Color Monster: A Story About Emotions*** by Anna Llenas
12. ***I Feel Teal*** by Lauren Rille
13. ***I'm Sad*** by Michael Ian Black
14. ***Quiet*** by Tomie dePaola
15. ***The Boy with Big, Big Feelings*** by Britney Winn Lee
16. ***Why The Face?*** By Jean Jullien
17. ***Will Giraffe Laugh?*** by Hilary Leung
18. ***Have You Filled a Bucket Today?: A Guide to Daily Happiness for Kids*** by Carol McCloud and David Messing
19. ***Mean Soup*** by Betsy Everitt

