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
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
7. *Dreamland* by Sam 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

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 Heart** 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