



# PATH

Psychology Assessment and  
Treatment Services of Halton

## Parenting Books

*The Explosive Child*, Dr. Ross Green

*Hold on to Your Kids: Why Parents Need to Matter More Than Peers*, Gordon Neufeld & Gabor Maté

*Parenting from the Inside Out*, Daniel J. Siegel & Mary Hartzell

*The Whole-Brain Child*, Daniel J. Siegel & Tina Payne Bryson

*Brainstorm*, Daniel J. Siegel

*Connected Parenting*, Jennifer Kolari MSW, RSW

*How To Talk So Little Kids Will Listen*, Joanna Faber & Julie King

*How To Talk So Kids Will Listen, and Listen So Kids Will Talk*, Adele Faber & Elaine Mazlish

## Adult / Self-Help Books

*When The Body Says No: The Cost of Hidden Stress*, Gabor Maté

*The Power of Now*, Eckhart Tolle

*The Body Keeps the Score*, Bessel Van Der Kolk

*What Happened to You? Conversation on Trauma, Resilience and Healing*, Bruce Perry & Oprah Winfrey

*Burnout: The Secret to Unlocking the Stress Cycle*, Emily & Ameila Nagoski

*In The Realm of Hungry Ghosts: Close Encounters with Addiction*, Gabor Maté