

Child Wellness Book List

Mental Health



We provide this book list as a resource for those interested. Please seek the services of a qualified mental health provider for help with behavioral health needs.

If you or someone you know needs mental health help, call the Pierce County crisis line at (800) 576-7764 or 988.

Adult/General

Title	Author or Publisher
The Addiction Recovery Skills Workbook: Changing Addictive Behaviors Using CBT, Mindfulness, and Motivational Interviewing Techniques	Suzette Glasner-Edwards, Ph.D.
Anxiety Relief for Kids: On the Spot Strategies to Help Your Child Overcome Worry, Panic, and Avoidance	Bridget Flynn Walker, Ph.D., Michael A. Tompkins, Ph.D.
Barber Talk: Taking Pride in Men's Mental Health	Tom Chapman
The Big Feelings Survival Guide: A Creative Workbook for Mental Health	Alyse Ruriani
The Body Image Survival Guide for Parents: Helping Toddlers, Tweens, and Teens Thrive	Marci Warha-Nadler
The Body Keeps the Score	Bessel A. van der Kolk, MD
Chemical Khichdi: How I Hack My Mental Health	Aparna Piramal Raje
The Cognitive Behavioral Workbook for Anger (A Step-by-Step Program for Success)	William J. Knaus, Ed.D., Robert Alberti, Ph.D.
Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead	Brené Brown
The DBT Workbook for Emotional Relief: Fast-Acting Dialectical Behavior Therapy Skills to Balance Out-of-Control Emotions and Find Calm Right Now	Sheri Van Dijk, MSW
The Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation, and Distress Tolerance	Mathew McKay, Ph.D.
Executive Functioning Skills for Adult ADHD: Proven Tools and Strategies to Strengthen Executive Functioning, Build Healthy Habits, and Overcome ADHD Challenges	Sarah Davis, Linda Hill
A Field Guide to Climate Anxiety: How to Keep Your Cool on a Warming Planet	Sarah Jaquette Ray
A Little Book of Self-Care for Those Who Grieve	Paula Becker
How I Stayed Alive When My Brain Was Trying to Kill Me, Revised	Susan Rose Blauner
I Am Autistic: A Workbook (Sensory Tools, Practical Advice, and Interactive Journaling for Understanding Life with Autism (By Someone Diagnosed with It))	Chanelle Moriah
It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle	Mark Wolynn

Title	Author or Publisher
Mental Health Workbook for Men: Exercises to Improve Your Emotional, Psychological, and Social Well-Being	David Khalili, MA LMFT
Mental Health Workbook for Women: Exercises to Transform Negative Thoughts and Improve Well-Being	Nashay Lorick, MSW LCSW
Mindfulness Skills Workbook for Addiction (Practical Meditations and Exercises to Change Addictive Behaviors)	Morgan Fitzgerald, MA
The Neurodivergence Skills Workbook for Autism and ADHD: Cultivate Self-Compassion, Live Authentically, and Be Your Own Advocate	Jennifer Kemp M.Psych., Monique Mitchelson, M.Psych. et al.
Never Let Go: How to Parent Your Child Through Mental Illness	Suzanne Alderson
No Bad Parts: Healing Trauma and Restoring Wholeness with the Internal Family Systems Model	Richard C. Schwartz, Ph.D.
The OCD Workbook (Your Guide to Breaking Free from Obsessive-Compulsive Disorder)	Bruce M. Hyman, Ph.D. LCSW, Cherlene Pedrick RN
A Parent's Guide to Managing Childhood Grief	Kae Lear
The Radical Emotional Regulation and Self-Love Workbook for Adults: Daily CBT Exercises and Practical Strategies to Break Free from Negative Emotions and Welcome Happiness!	S. S. Leigh
Seen: Despair and Anxiety in Kids and Teenagers and the Power of Connection	Will Hutcherson, NCC, Chinwé Williams, Ph.D., LPC
Sincerely, Your Autistic Child: What People on the Autism Spectrum Wish Their Parents Knew About Growing Up, Acceptance, and Identity	Autistic Women and Nonbinary Network, Emily Paige Ballou et al.
Sisterhood Heals (The Transformative Power of Healing in Community)	Joy Harden Bradford PhD
Surviving an Eating Disorder [Fourth Revised Edition]: Strategies for Family and Friends	Michele Siegel, Judith Brisman, Ph.D. et al.
What Happened to You? Conversations on Trauma, Resilience, and Healing	Bruce D. Perry, Oprah Winfrey
Where to Start: A Survival Guide to Anxiety, Depression, and Other Mental Health Challenges	Mental Health America, Gemma Correll
Your Body Is Not an Apology Workbook: Tools for Living Radical Self-Love	Sonya Reneé Taylor

Black, Indigenous, and People of Color

Title	Author or Publisher
Bitterroot: A Salish Memoir of Transracial Adoption	Susan Devan Harness
Black and Resilient: 52 Weeks of Anti-Racist Activities for Black Joy and Empowerment	M.J. Fiebre
Black Kid Joy and Other Emotions: A Social and Emotional Learning Guide and Journal	Dr. Lisa Walker, Psy.D., Lauren Nicole Thomas
Braiding Sweetgrass for Young Adults: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants	Robin Wall Kimmerer, Monique Gray Smith

Title	Author or Publisher
Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants	Robin Wall Kimmerer
The Color of My Mind: Mental Health Narratives from People of Color	Dior Vargas
Decolonizing the Body: Healing, Body-Centered Practices for Women of Color to Reclaim Confidence, Dignity, and Self-Worth	Kelsey Blackwell, Christena Cleveland, Ph.D.
Emotional Self-Care for Black Women: Discover How to Raise Your Self-Esteem, Eliminate Negative Thinking and Heal from Past Traumas Even if Your Life is Chaotic Right Now	Alicia Magoro
Indigiqueerness: A Conversation about Storytelling	Joshua Whitehead
Living Resistance (An Indigenous Vision for Seeking Wholeness Every Day)	Kaitlin B. Curtice
The Mental Health Mixtape for Black Men: Holistic Workbook and Journal with Activities to Improve Wellness and Alleviate Depression and Anxiety for Black Men Who Want to Do the Work	Stress Less Press
My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies	Resmaa Menakem
Native Science: Natural Laws of Interdependence	Gregory Cajete
#NotYourPrincess: Voices of Nave American Women	Charleyboy
The Pain We Carry: Healing from Complex PTSD for People of Color	Natalie Y. Gutiérrez, MA LMFT, Jennifer Mullan, Psy.D.
Permission to Come Home: Reclaiming Mental Health as Asian Americans	Jenny Wang
The Racial Trauma Handbook for Teens: CBT Skills to Heal from the Personal and Intergenerational Trauma of Racism	Támara Hill, MA LPC, Erlanger A. Turner, Ph.D.
Raising Confident Black Kids: A Comprehensive Guide for Empowering Parents and Teachers of Black Children	M.J. Fievre
Sacred Instructions: Indigenous Wisdom for Living Spirit-Based Change	Sherri Mitchell, Larry Dossey, MD
Self-Care for Black Women: 150 Ways to Radically Accept & Prioritize Your Mind, Body, and Soul	Oludara Adeeyo
Self-Care for Latinas: 100+ Ways to Prioritize & Rejuvenate Your Mind, Body, and Spirit	Raquel Reichard
The Seven Circles: Indigenous Teachings for Living Well	Chelsey Luger, Thosh Collins
Spiritual Self Care for Black Women: A Spiritual Journal for Self-Discovery. 12 Month Notebook & Guided Planner with Prompts & Self Reflection Activities	Stress Less Press
Stigma: Breaking the Asian American Silence on Mental Health	Tanaya Kollipara
The Unapologetic Guide to Black Mental Health: Navigate an Unequal System, Learn Tools for Emotional Wellness, and Get the Help You Deserve	Rheeda Walker, Ph.D.
Uncolonized Latinas: Transforming Our Mindsets and Rising Together	Valeria Aloe
Where I Belong: Healing Trauma and Embracing Asian American Identity	Soo Jin Lee, Linda Yoon

Coloring Books, Journals, and Games

Title	Author or Publisher
52-Week Feelings Journal for Teens: Daily Reflection, Expression, and 5-Minute Mindfulness Moments	Tiffany Ruelaz
Anxiety Relief Coloring Book for Kids: Reduce Stress and Find Calm through Coloring	Rockridge Press
Be Kind to Your Mind: A Mental Health Coloring Book as Mental Health Awareness for Self Help and Self Care	Nicole Dawson
Believe in Yourself Positive Quotes Coloring Book: Mental Health Coloring Book with Motivational Saying, Hopeful Thoughts to Relax and Ease Anxiety	Saving99 Publishing
Breathe Like a Bear Mindfulness Cards: 50 Mindful Activities for Kids	Kira Willey, Anni Betts
Burn After Writing	Sharon Jones
Calm: A Day and Night Reflection Journal	Insight Edions
Color Me Calm Mandalas for Kids: kids mandalas coloring book for creativity, art therapy, and relaxation	ZenMaster Coloring Books
The Daily Feelings Journal for Kids: A Year of Prompts to Help Kids Recognize Emotions and Express Feelings	Nathan Greene
The Feely Cards	Non Wels, Ess Crossley
Find Your Calm (A fill-in journal to quiet your busy mind)	Catherine Veitch, Jessica Smith
Guided Art Therapy Card Deck (75 Activities to Explore Your Feelings and Manage Your Emotional Well-Being)	Emily Sharp, MA LCAT
How I Feel: Grief Journal for Kids: Guided Prompts to Explore Your Feelings and Find Peace	Mia Roldan
It's Okay to not be Okay: A Mental Health Coloring Book	Nicole Dawson
Journal Therapy for Overcoming Burnout (366 Prompts for Renewal	Kathleen Adams
Keep Your Cool: Anger Management Journal for Kids (Explore Your Feelings, Find Calm, and Express Yourself	Hiedi France, Ed.D.
The Magically Mindful Me: Mindfulness Coloring Book for Kids	June & Lucy Kids
Mental Health Tracker: A Daily Journal to Manage Anxiety and Create Healthy Habits	Zeitgeist Wellness
My Emotions Journal: Feelings Journal for Kids and Teens	Lilly's Journal
My Therapist Told Me to Journal: A Creative Mental Health Workbook	Holly Chisholm
Self-Care Check-In: A Guided Journal to Build Health Habits & Devote Time to You	GG Renee Hill
The Self-Regulation Deck for Kids: 50 Cards of CBT Exercises and Coping Strategies to Help Children Handle Anxiety, Stress, and Other Strong Emotions	Jenna Berman
Trauma Recovery Journal: Reflective Prompts and Evidence-Based Practices to Help You Recover, Heal, and Thrive	Trudy Gilbert-Eliot, Ph.D. LMFT LCADC
Trust the Process: Y2K Mental Health Coloring Book	Art Loco

Title	Author or Publisher
Wreck This Journal: Now in Color	Keri Smith

Kids

Title	Author or Publisher
26 cuentos del Reino de las emociones / 26 Tales from the Realm of Emotions (Spanish-English Edition)	Various Authors
The ACT Workbook for Kids (Fun Activities to Help You Deal with Worry, Sadness, and Anger Using Acceptance and Commitment Therapy)	Tamar D. Black, Russ Harris
The Anger Workbook for Kids: Fun DBT Activities to Help You Deal with Big Feelings and Get Along with Others	Christina Kress, MSW LICSW
Big Feelings	Alexandra Penfold (Illustrated by Suzanne Kaufman)
The Boy with Big, Big Feelings	Britney Winn Lee, Jacob Souva
Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere	Kira Willey (Illustrated by Anni Bets)
Coco's Fire: Changing Climate Anxiety into Climate Action	Jeremy D. Wortzel & Lena K. Champlin, The Group for the Advancement of Psychiatry Climate Committee et al.
The Color Monster: A Story About Emotions	Anna Llenas
Counting to Calm (My First Self-Regulation Book)	Prasha Sooful, Betania Zacarias
Why Do I Feel So Worried? (A Kid's Guide to Coping with Big Emotions-Follow the Arrows from Anxiety to Calm)	Tammi Kirkness
Empathy Is Your Superpower (A Book About Understanding the Feelings of Others)	Cori Bussolari, Psy.D., Zach Greszkowiak
The Everybody Gets Anxious Activity Book	Jordan Reid, Erin Williams
Everyday Games for Sensory Processing Disorder: 100 Playful Activities to Empower Children with Sensory Differences	Barbara Sher
Feeling All the Feelings Workbook: A Kids' Guide to Exploring Emotions	Brad Petersen, Betsy Petersen
The Feelings Book / El libro de los sentimientos (Spanish and English Edition)	Todd Parr
Floating Away: A Book to Help Children Understand Addiction	Andrew J. Bauman, Wahyu Nugroho
Grandma's Breath	Mother Moon, Anastasiya Kanavaliuk
Gratitude is Your Superpower (A Book About Being Thankful and Embracing Positivity)	Amy Weber, MSW LCSW, Zach Grzeszkowiak
How To Get Unstuck From The Negative Muck: A Kid's Guide To Getting Rid Of Negative Thinking	Lake Sullivan, Ph.D.
I Can Do That: A Book on Self-Regulation	Kayla J. W. Marnach

Title	Author or Publisher
The Invisible String	Patrice Karst, Joanne Lew-Vriethoff
The Invisible String Workbook: Creative Activities to Comfort, Calm, and Connect	Patrice Karst, Dana Wyss
Listening to My Body	Gabi Garcia, Ying Hui Tan
Listening to My Body Activities for Kids: Social-Emotional Skills to Build Self-Awareness and Express Feelings	Mallory Striesfeld, MS LPC
Listening with My Heart: A story of kindness and self-compassion	Gabi Garcia, Ying Hui Tan
Love Your Body: Your body can do amazing things	Jessica Sanders, Carol Rosse
Me and My Feelings: A Kids' Guide to Understanding and Expressing Themselves	Vanessa Green Allen, M.Ed.
Mental Health, What's That?: Let's Explore: An Introduction to Mental Health for Children	Marcella K. Norman, MA, Kenady Kitchen
Mindfulness for Kids in 10 Minutes a Day: Simple Exercises to Feel Calm, Focused, and Happy	Maura Bradley
My First Book of Emotions for Toddlers	Orlena Kerek, April Hartmann
A Place for Starr: Children and Their Experience of Family Violence: A Story of Hope	Howard Schor, Mary Kilpatrick
Roaring Mad Riley: An Anger Management Story for Kids	Allison Szczecinski, Dean Gray
Sense of Self - Coping Skills for Kids Workbook: Stress Management Tools	Sally Safadi
Something Happened in Our Town: A Child's Story About Racial Injustice	Marianne Celano, Ph.D., Marieta Collins, Ph.D.
Something Happened to My Dad: A Story About Immigration and Family Separation	Ann Hazzard, Ph.D., Vivianne Aponte Rivera, MD
Sometimes I'm Anxious: A Child's Guide to Overcoming Anxiety	Poppy O'Neill
Sometimes I'm Sad: A Child's Guide to Positive and Negative Thoughts and Feelings	Poppy O'Neill
Standing Up to OCD Workbook For Kids (40 Activities to Help Children Stop Unwanted Thoughts, Control Compulsive Behaviors, and Overcome Anxiety)	Tyson Reuter, Ph.D.
A Terrible Thing Happened: A Story for Children Who Have Witnessed Violence or Trauma	Margaret M. Holmes, Cary Pillo
Thriving with ADHD Workbook for Kids: 60 Fun Activities to Help Children Self Regulate, Focus, and Succeed	Kelli Miller
What's Inside Your Backpack?	Jessica Sinarski, Joanne Lew Vriethoff
When a Grown-up You Love Hurts You	Beth Richey, Paula Wood
When Harley Has Anxiety: A Fun CBT Skills Activity Book to Help Manage Worries and Fears (For Kids 5-9)	Regine Galan, Ph.D., Vicky Lommatzsch

LGBTQ+

Title	Author or Publisher
The ABC's of LGBTQ+: (Gender Identity Book for Teens, Teen & Young Adult LGBT Issues)	Ash Hardell
Free To Be Me: An LGBTQ+ Journal of Love, Pride and Finding Your Inner Rainbow	Dom & Ink
The Gender Identity Workbook for Kids: A Guide to Exploring Who You Are	Kelly Storck, MSW LCSW, Noah Grigni et al.
Gender Identity Workbook for Teens: Practical Exercises to Navigate Your Exploration, Support Your Journey, and Celebrate Who You Are	Andrew Maxwell Triska, MSW LCSW
Parenting with Pride: Unlearn Bias and Embrace, Empower, and Love Your LGBTQ+ Teen	Heather Hester
Parenting Your LGBTQ+ Teen: A Guide to Supporting, Empowering, and Connecting with Your Child	Allan Sadac
The Queer and Transgender Resilience Workbook: Skills for Navigating Sexual Orientation and Gender	Anneliese A. Singh, Ph.D. LPC
The Queer Mental Health Workbook: A Creative Self-Help Guide Using CBT, CFT and DBT	Brendan J. Dunlop
Queer Up: An Uplifting Guide to LGBTQ+ Love, Life and Mental Health	Alexis Caught
Trans Affirmation Coloring Book	Theo Nicole Lorenz
Young Queer America: Real Stories and Faces of LGBTQ+ Youth	Maxwell Poth, Isis King

Spanish Language

Title	Author or Publisher
26 cuentos del Reino de las emociones / 26 Tales from the Realm of Emotions (Spanish-English Edition)	Varios autores
Ansiedad - Libro de colorear para adultos y adolescentes para reducir el estrés y las preocupaciones	June & Lucy
Cómo Dejar de Pensar Demasiado: Una Guía Completa con Técnicas Prácticas y Eficaces para Vencer la Ansiedad, Eliminar el Estrés y Volver a Vivir la Vida que te Mereces	Fabian Á. Soler
Crianza de Adolescentes con Ansiedad: Ayudar y guiar a su adolescente para mejorar la salud mental y reducir la ansiedad y el estrés	Mary C. Norris
El Libro de Los Sentimientos/ The Feelings Book (Espanol y Ingles)	Todd Parr
El Libro de Trabajo de Regulación Emocional Radical y Amor Propio para Adultos	S. S. Leigh
Limpia tu enredo mental: 5 pasos simples probados por la ciencia para reducir la ansiedad, el estrés y los pensamientos tóxicos	Dr. Caroline Leaf
El Mindfulness me hace más fuerte: Libro infantil para encontrar la calma, mantener la concentración y superar la ansiedad	Elizabeth Cole
Mindfulness Para la Felicidad: Libérate de las trampas de tu mente y construye la vida que deseas	Ruth Baer (Translated by Marn Rodríguez-Courel Ginzo)

Title	Author or Publisher
Quemar después de escribir	Sharon Jones
La terapeuta necesita terapia ¡A cualquiera le puede suceder!: Una guía práctica para transitar la depresión y la ansiedad	Adriana Plasencia

Tweens & Teens

Title	Author or Publisher
Anxiety Relief Activity Book: Draw, Paint, Color, Doodle, and Write Your Way to Calm	Leah Guzman, ATR-BC
Anxiety Relief for Teens: Essential CBT Skills and Mindfulness Practices to Overcome Anxiety and Stress	Regine Galan, Ph.D.
The Anxiety Toolkit for Teens: Easy and Practical CBT and DBT Tools to Manage Your Stress Anxiety Worry and Panic	Teen Thrive
The Awesome Autistic Go-To Guide: A Practical Handbook for Autistic Teens and Tweens	Yenn Purkis, Tanya Masterman
Being You: The Body Image Book for Boys	Charlotte Markey, Daniel Hart et al.
Beyond Coping Skills: The Ultimate Teens' Workbook: Integrating CBT and DBT for Lasting Emotional Regulation and Personal Growth	Richard Bass
The Big Feelings Survival Guide: A Creative Workbook for Mental Health (74 DBT and Art Therapy Exercises)	Alyse Ruriani
Boys Will Be Human: A Get-Real Gut-Check Guide to Becoming the Strongest, Kindest, Bravest Person You Can Be Hardcover	Justin Baldoni
The Depression Workbook for Teens: Tools to Improve Your Mood, Build Self-Esteem, and Stay Motivated	Katie Hurley, MSW LCSW
Disability Visibility: (Adapted for Young Adults): 17 First-Person Stories for Today	Alice Wong
Everything Is OK	Debbie Tung
Guy Stuff Feelings: Everything You Need to Know About Your Emotions	Cara Naterson
Heads Up (Changing Minds on Mental Health)	Melanie Siebert, Belle Wuthrich
Here I Am, I Am Me: An Illustrated Guide to Mental Health	Cara Bean
How to Manage Your Eco-Anxiety: An Empowering Guide for Young People (10 Steps to Change)	Anouchka Grose and Lauriane Bohémier
Mindfulness for Teens in 10 Minutes a Day (Exercises to Feel Calm, Stay Focused & Be Your Best Self)	Kira Willey
Perfectly Imperfect Stories: Meet 28 Inspiring People and Discover Their Mental Health Stories	Leo Poon (Illustrated by Ana Strumpf)
PTSD Recovery Workbook for Teens: Strategies to Reduce Stress, Build Resiliency, and Overcome Trauma	Stephanie Bloodworth, Psy.D.
Relationship Skills 101 for Teens: Your Guide to Dealing with Daily Drama, Stress, and Difficult Emotions Using DBT	Sheri Van Dijk, MSW
Sense of Self - Coping Skills: Distress Tolerance and Life Skills for Teens and Adults	Sally Safadi

Title	Author or Publisher
Stuff That Sucks: A Teen's Guide to Accepting What You Can't Change and Committing to What You Can	Ben Sedley, Ph.D.
Superpowered: Transform Anxiety into Courage, Confidence, and Resilience	Renee Jain, Dr. Shefali Tsabary
The Teens' Workbook to Self-Regulate: Empowering Teenagers to Handle Emotions with Success through Coping Strategies and CBT Exercises	Richard Bass
Thriving with ADHD Workbook for Teens: Improve Focus, Get Organized, and Succeed	Allison Tyler
The Ultimate Self-Esteem Workbook for Teens: Overcome Insecurity, Defeat Your Inner Critic, and Live Confidently	Megan MacCutcheon
You Are Enough (Your Guide to Body Image and Eating Disorder Recovery)	Jen Petro-Roy
Your Recovery, Your Life for Teens (A Trauma-Informed Workbook to Help You Heal from Substance Use and Addiction)	Claudia Black