

# ***PARENT RESOURCE LIST***

This list of books is selected for the enrichment of our CCS parents. **Please remember that, as part of this year's course registration process, each CCS parent has agreed to read or review AT LEAST ONE resource from this list during the school year.** Most of these books are available from your local Christian bookstore, but you can also order them directly from Focus on the Family at 1-800-A-FAMILY by using the stock number provided and giving the suggested donation. Although many of these tools cover several subject areas, an attempt has been made to organize them under the following headings: (1) *Healthy Family Relationships*, (2) *Discipleship and Mentoring of Children*, (3) *Education and Instruction*, (4) *Especially for Fathers*, (5) *Especially for Mothers*, (6) *Single Parenting*, (7) *Parenting Teens*, (8) *Healing and Encouragement*, and (9) *Managing Stress*. You will notice that some titles appear under more than one heading.

## ***1. HEALTHY FAMILY RELATIONSHIPS***

**1001 WAYS TO CONNECT WITH YOUR KIDS** by James R. Lucas (Tyndale)

\*BD085\* \$11

Designed to reinforce and build relationships with children, the 1001 creative ideas in this book cover conversation, traditions, friendships, affirmation, difficulties, and, when necessary, maintaining relationships over distance.

**THE AFRICAN AMERICAN CHRISTIAN FAMILY: BUILDING LASTING FAMILY RELATIONSHIPS** by Rev. Eddie B. Lane (Black Family Press)

\*BM002\* \$16

Written for use in the African-American community, this book is divided into six sections; the Institution of Marriage, the Christian Home, Family Communication, Conflict Management, Sex Education, and Equipping for the Struggle.

**BOUND BY HONOR: FOSTERING A GREAT RELATIONSHIP WITH YOUR TEEN** by Gary Smalley and Dr. Greg Smalley (Focus on the Family book published by Tyndale)

\*BL011\* \$19

\*BT401\* \$16 \* 2 Cassette Set Audio Book

Drawing on their personal experiences, as well as those of over 5,000 former teens they've surveyed, father and son Gary and Greg Smalley offer critical insights to help parents promote healthy relationships based on honor. The audio book is a condensed version read by the authors.

**THE FIVE LOVE LANGUAGES OF CHILDREN** by Dr. Gary Chapman and Dr. Ross Campbell (Northfield)

\*BP467\* \$13

Physical touch, words of affirmation, quality time, gifts, and acts of service are the five love languages identified and explored in this volume.

**THE KEY TO A CHILD'S HEART** by Gary Smalley (Word)

\*BP174\* \$18

Gary Smalley provides some good suggestions for establishing and maintaining a close-knit family in this book. He tells how one can recognize a closed spirit and gives five steps to reopen a child's spirit.

**KINDRED HEARTS: NURTURING THE BOND BETWEEN MOTHER AND DAUGHTER** by Debra Evans (Focus on the Family book published by Tyndale)

\*BF062\* \$11

The mother of two grown daughters, Debra Evans offers advice to mothers desiring to encourage their daughter's individuality, share their faith openly, extend God's grace and forgiveness, and nurture and protect an intimate, loving, and lasting friendship. Scripture exploration and quotes about motherhood from famous authors are featured.

**THE LANGUAGE OF LOVE WITH STUDY GUIDE** by Gary Smalley and Dr. John Trent (Focus on the Family book published by Tyndale)

\*BL069\* \$11

This book explores "emotional word pictures" to help bridge communication gaps with a spouse, children, parents, or co-workers. Using real life illustrations, the authors explain how word pictures can capture the attention of an inattentive spouse, effectively communicate feelings that penetrate the heart, or pry open a door to greater intimacy.

**THE NEW HIDE OR SEEK: BUILDING SELF-ESTEEM IN YOUR CHILD** by Dr. James Dobson (Fleming H. Revell)  
\*BK086\* \$17

In this 25<sup>th</sup> anniversary edition, Dr. James Dobson presents ten comprehensive strategies which parents and teachers may use to cultivate self-esteem in every child and combat the epidemic of inferiority in our society. He asserts that only Christian values free people from the tyranny of “self” and offer dignity and respect to every human being.

**“YOU CAN’T MAKE ME” (BUT I CAN BE PERSUADED)** by Cynthia Ulrich Tobias (Waterbrook)  
\*BD058\* \$18

Strong-willed children can change the world with their talent, drive, and power if they learn to use those strengths in positive ways. This book helps parents gain insight into how the strong-willed child’s mind works, recognize why the child may choose not to obey, and learn to share control without compromising parental authority.

## ***2. DISCIPLESHIP AND MENTORING OF CHILDREN***

**CULTIVATE** by Jeff Myers, Ph.D. with Paul and Paige Gutacker

In our postmodern world of broken homes and technology-mediated relationships, the emerging generation needs positive life-on-life influence from adults now more than ever if they are to truly thrive. Based on four years of research and work with more than 1,500 Christian schools and churches around the world, **Cultivate** renews the ancient art of mentoring to help today’s busy Christian educators spark spiritual growth, personal motivation, academic engagement, and positive social interaction in young adults (12-year-olds to 20-somethings).

**BOUNDARIES WITH KIDS** by Dr. Henry Cloud and Dr. John Townsend (Zondervan)  
\*BP587\* \$17

Helping parents to assist children to assume responsibility for their own lives is the goal of this book. Insight is provided to help parents recognize boundary issues underlying child behavior issues, set boundaries and establish consequences, stop controlling, help children develop self control, and stop nagging.

**DECENT EXPOSURE** by Connie Marshner (Adroit)  
\* BP379\* \$13

This book will help parents provide the keys to building healthy sexual attitudes and moral absolutes into their teens so that they may resist the pressures exerted upon them by society. The author shares practical ways to reach children about modesty, dating, the consequences of premarital sex, and marriage.

**FAITHTRAINING: RAISING KIDS WHO LOVE THE LORD** by Joe White (Focus on the Family book published by Tyndale)  
\*BF065\* \$12

This book, designed to help parents train children of all ages to love the Lord, features 365 ways to tell your child “I Love You” without saying the words. Bible studies and devotions for various age levels are also included.

**HERITAGE BUILDERS: THE FAMILY COMPASS** by Olivia Bruner and Kurt Bruner (Chariot Victor)  
\*BL205\* \$11

The practical ideas in this book help parents pass on their faith and a Christian worldview to their children in a culture void of spiritual focus. Families are encouraged to develop a compass game plan and to view everyday situations as opportunities to learn from God how to live the Christian life on a daily basis.

**HERITAGE BUILDERS: FAMILY NIGHT TOOL CHEST**

The FAMILY NIGHT TOOL CHEST series of books springs from Heritage Builders, a national movement designed to bring fun and spiritual growth together on a regular basis. Each book in the series contains 12 complete plans for helping families incorporate faith into their daily lives.

\*BD038\* \$35 \* 3 Book Set of the next three listings ([An Introduction To Family Nights](#), [Basic Christian Beliefs](#), and [Christian Character Qualities](#)). Each of these may also be purchased separately for \$14 each.

**HERITAGE BUILDERS: FAMILY NIGHT TOOL CHEST: AN INTRODUCTION TO FAMILY NIGHTS** by Mike Nappa, Amy Nappa, Jim Weidmann, and Kurt Bruner (Victor)  
\*BP283\* \$14

The activities included in this first volume center on salvation, faith, the power of God, the Holy Spirit, service, obedience, respect, responsibility, the power of words, temptation, and friends. The book also includes a pamphlet, which

introduces the ministry of Heritage Builders.

**HERITAGE BUILDERS: FAMILY NIGHT TOOL CHEST: BASIC CHRISTIAN BELIEFS** by Mike Nappa, Amy Nappa, Jim Weidmann, and Kurt Bruner (Victor)

\*BP426\* \$14

This volume topics include omniscience, knowing God, God's love and care, sin, incarnation, heaven, salvation, and repentance.

**HERITAGE BUILDERS: FAMILY NIGHT TOOL CHEST: CHRISTIAN CHARACTER QUALITIES** by Mike Nappa, Amy Nappa, Jim Weidmann, and Kurt Bruner (Victor)

\*BP452\* \$14

Contentment, controlling our thoughts, God's view of the impossible, worry, difficulties, taking a stand for God, self-control, and discipline are the featured lessons in this volume.

**HERITAGE BUILDERS: FAMILY NIGHT TOOL CHEST: 10 COMMANDMENTS** by John Warner, Jim Weidmann, and Kurt Bruner (Chariot Victor)

\*BD037\* \$14

Creative ideas for family nights, which parents can use to teach children of all ages the truths and wisdom of the 10 Commandments, are the focus of this volume.

**HERITAGE BUILDERS: FAMILY NIGHT TOOL CHEST: MONEY MATTERS** by Larry Burkett, Allen Burkett, Lauree Burkett, and Jim Weidman (Chariot Victor)

\*BL208\* \$14

Children of all ages will benefit from these lessons on basic biblical money management values. Topics include stewardship, tithing, generosity, contentment, honesty, diligence, budgeting, saving, investing, debt, and credit.

**HERITAGE BUILDERS: FAMILY NIGHT TOOL CHEST: SIMPLE SCIENCE** by Mark DeNooy, Jim Weidmann, and Kurt Bruner (Chariot Victor)

\*BD010\* \$14

Object lessons using simple scientific principles teach lessons on God's protection, peer pressure power, light, words as weapons, discernment, sin, God's promises, choosing friends, and other topics.

**HERITAGE BUILDERS: FAMILY NIGHT TOOL CHEST: WISDOM LIFE SKILLS** by Mike Nappa, Jim Weidmann, and Kurt Bruner (Chariot Victor)

\*BP514\* \$14

Wisdom lessons and activities included in this book are why God allows trials, overcoming jealousy, persecution, change, God's view of money, listening, seeking truth, conscience, and trusting God.

**HOW TO WIN AT SPORTS PARENTING: MAXIMIZING THE SPORTS EXPERIENCE FOR YOU AND YOUR CHILD** by Jim Sundberg and Janet Sundberg (Waterbrook)

\*BD157\* \$13

By putting kids and sports into the proper context, this book written by baseball champion Jim Sundberg and his wife helps parents guide their child through competitive youth sports, eliminate the possible frustrations and disappointments that may come, and bring out the best in their child's sports experience.

**GIVE THEM WINGS** by Carol Kuykendall (Focus on the Family book published by Tyndale)

\*BL038\* \$15

This book explores the process of saying good-bye to childhood and launching teenagers into adulthood. Encouraging independence, inspiring faith, and coping with rebellion are among topics addressed.

**I KISSED DATING GOODBYE** by Joshua Harris (Multnomah)

\*BP411\* \$11

This book is an honest look at the process of dating and seeking a mate, written by a young man in his twenties who has determined that dating is the wrong way to go. He begins by explaining the problems with dating and then outlines five attitude changes that lead to "principled romance."

**LIFETRAINING** by Dr. Joe White (Tyndale)

\*BL061\* \$13

This devotional tool for families whose children are 11-18 years old features 260 devotions based on the books of

Matthew, Luke, John, Acts, James, and Revelation. The devotions can be used in a family setting or by an individual. A section of "100 Bible Memory Verses Every Christian Teenager Needs To know" can be removed for easy reference.

**THE NEW DARE TO DISCIPLINE** by Dr. James Dobson (Tyndale)

\*BK054\* \$19 \* Hardcover

\*BK064\* \$13 \* Paperback

This revised and updated version of Dr. James Dobson's classic DARE TO DISCIPLINE offers not only advice about raising children, but also an entire philosophy on child rearing. It details foundations to common-sense parenting, principles to maximize the law of reinforcement, categories of children who do poorly in school, and numerous suggestions for helping mothers make it through the day.

**THE NEW HIDE OR SEEK: BUILDING SELF-ESTEEM IN YOUR CHILD** by Dr. James Dobson (Fleming H. Revell)

\*BK086\* \$17

In this 25<sup>th</sup> anniversary edition, Dr. James Dobson presents ten comprehensive strategies which parents and teachers may use to cultivate self-esteem in every child and combat the epidemic of inferiority in our society. He asserts that only Christian values free people from the tyranny of "self" and offer dignity and respect to every human being.

**PARENTING TODAY'S ADOLESCENT: HELPING YOUR CHILD AVOID THE TRAPS OF THE PRETEEN AND TEEN YEARS** by Dennis Rainey, Barbara Rainey, And Bruce Nygren (Thomas Nelson)

\*BD022\* \$20

The authors draw from their experiences in raising their own teens, teaching Sunday School, and speaking to thousands of parents in this comprehensive guidebook for negotiating the rapids of the teenage years. Topics included are peer pressure, sex education, dating, values, attitude, rebellion, substance abuse, and others.

**THE POWER OF BELIEVING IN YOUR CHILD** by Miles McPherson (Bethany)

\*BP565\* \$11

This book encourages parents to believe in their children and equip them to be confident, capable people through cherishing their child as God does, learning how to be free from fear that their child will lose the game of life, and having courage to raise their child according to the promises of God.

**PREPARING FOR ADOLESCENCE: HOW TO SURVIVE THE COMING YEARS OF CHANGE** by Dr. James Dobson (Regal)

\*BK089\* \$10

In this updated edition, Dr. Dobson recommends that parents prepare their pre-teenager (10-12 years old) for the adolescent experience. This book will be helpful with topics of greatest concern: inferiority, conformity, puberty, the meaning of love, and the search for identity.

**PREPARING FOR ADOLESCENCE FAMILY GUIDE** by Dr. James Dobson (Gospel Light)

\*BK084\* \$21

This workbook, designed for teachers, parents, and children to use in conjunction with the PREPARING FOR ADOLESCENCE book, includes questions, projects, assignments, and a special section for adults.

**RAISING A MODERN-DAY KNIGHT** by Robert Lewis (Focus on the Family book published by Tyndale)

\*BL044\* \$10

This book offers practical, step-by-step guidance for fathers desiring to lead their sons to biblical masculinity. It illustrates the need for "modern knighthood" and the necessity for affirmation from father to son.

**THE STRONG-WILLED CHILD** by James Dobson (Tyndale)

\*BK036\* \$12

This book is devoted to the unique needs of the assertive, willfully defiant child who requires a special kind of understanding and discipline from his parents. It focuses on infancy through adolescence and addresses sibling rivalry, hyperactivity, self-esteem, and the most common errors made by frustrated parents.

**TEENAGE BOYS: SHAPING THE MAN INSIDE, SURVIVING & ENJOYING THESE EXTRAORDINARY YEARS** by William Beausay (Waterbrook)

\*BP619\* \$13

Practical advice and principles for parents of teen boys is offered in this volume which addresses subjects such as communication, sports, school, discipline, bonding, conflict resolution, hard times, dating, and spiritual growth.

### 3. EDUCATION AND INSTRUCTION OF CHILDREN

**BRINGING OUT THE BEST IN YOUR CHILD: 80 WAYS TO FOCUS ON EVERY KID'S STRENGTHS** by Cynthia

Ulrich Tobias and Carol Funk (Vine)

\*BP432\* \$11

This book is designed to help parents identify and understand their child's individual learning style and then create strategies that build on those strengths and lead to social and academic success. Eighty practical suggestions for identifying traits based on real-life topics are given.

**EVERY CHILD CAN SUCCEED: MAKING THE MOST OF YOUR CHILD'S LEARNING STYLE** by Cynthia Ulrich

Tobias (Focus on the Family book published by Tyndale)

\*BL095\* \$11

The author discusses how parents can determine their child's personal learning style and how to use this knowledge to help the child succeed in school. A chapter addresses the ADD and hyperactive child and offers encouragement to the parents of such children.

**HERITAGE BUILDERS: FAMILY NIGHT TOOL CHEST: SIMPLE SCIENCE** by Mark DeNooy, Jim Weidmann, and

Kurt Bruner (Chariot Victor)

\*BD010\* \$14

Object lessons using simple scientific principles teach lessons on God's protection, peer pressure power, light, words as weapons, discernment, sin, God's promises, choosing friends, and other topics.

**THE HYPERACTIVE CHILD** by Dr. Grant Martin (Victor)

\*BP030\* \$11

Dr. Grant Martin explains how to identify and treat ADHD and gives a list of resources available to assist parents in understanding and dealing with the symptoms. Part one defines ADHD, suggests screening procedures for children, and describes factors which contribute to the disorder. Part two deals with treatment and intention, and part three provides a list of resources for home and school.

**SAFETYNET** by Zachary Britton (Harvest House)

\*BP502\* \$9

This book presents a detailed look at the threats to children which exist on the Internet (World Wide Web). It suggests ways to establish "safety nets" and offers lists of safe sites for children and a glossary of Internet terms.

**THE WAY THEY LEARN** by Cynthia Ulrich Tobias (A Focus on the Family book published by Tyndale)

\*BF057\* \$11

Specific strategies are given to parents and teachers for understanding the unique learning styles of children and helping them stay on task and finish homework.

**WIRED BY GOD: EMPOWERING YOUR TEEN FOR A LIFE OF PASSION AND PURPOSE** by Joe White with Larry Weeden (Published by Focus on the Family)

**Wired by God** gives you and your teen a way to identify the dreams and desires in your son's or daughter's heart and turn them into reality. It's a starting point for figuring out how God put your teen together as a unique person with amazing possibilities. Filled with fun, interesting ways to pinpoint gifts, talents, personality traits, and more, **Wired by God** will spark great conversations that will bring you and your teen closer. You'll both get excited about the future God has for your teen- and tackle it with confidence, passion, and purpose!

### 4. ESPECIALLY FOR DADS

**DADDY @ WORK: LOVING YOUR FAMILY, LOVING YOUR JOB...BEING YOUR BEST IN BOTH WORLDS** by

Robert Wolgemuth (Zondervan)

\*BD124\* \$17

This book helps dads cross the chasm between home and work through cross training -- working on skills in one area of life to enhance skills in another area of life. Robert Wolgemuth explains how to meld the two worlds, learn from mistakes, and balance all aspects of life. Each chapter ends with questions for personal reflection or group study.

**RAISING A MODERN-DAY KNIGHT** by Robert Lewis (Focus on the Family book published by Tyndale)

\*BL044\* \$10

This book offers practical, step-by-step guidance for fathers desiring to lead their sons to biblical masculinity. It illustrates the need for “modern knighthood” and the necessity for affirmation from father to son.

**SHE CALLS ME DADDY** by Robert Wolgemuth (Focus on the Family book published by Tyndale)

\*BL043\* \$11

Though primarily directed at men who have young girls, this book offers advice applicable to fathers with daughters at any age. Robert Wolgemuth, a father of two grown daughters, cites seven foundational principles for raising healthy girls and addresses a variety of parenting topics.

**THE SIXTY-MINUTE FATHER** by Rob Parsons (Broadman & Holman)

\*BP229\* \$8

This book is designed to help men break the cycle of busyness that interferes with their relationship with their children. The author suggests ten goals for improving fathering skills and offers practical steps of action.

**STRAIGHT TALK** by Dr. James Dobson (Word)

\*BK075\* \$13

This resource subtitled **WHAT MEN NEED TO KNOW/WHAT WOMEN SHOULD UNDERSTAND** is a practical guide for every husband who wants to understand what it means to be a man and how to relate to his wife, as well as his role as a Christian father, his emotions and feelings, and his personal faith. Any wife who want to understand her husband better will also gain valuable insight and understanding.

## ***5. ESPECIALLY FOR MOMS***

**KINDRED HEARTS: NURTURING THE BOND BETWEEN MOTHER AND DAUGHTER** by Debra Evans (Focus on the Family book published by Tyndale)

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**WHEN YOU FEEL LIKE SCREAMING** by Grace Ketterman and Pat Holt (Harold Shaw)

\*BK717\* \$6

Based on a national survey of 200 women and their own professional and personal experiences, this book gives practical guidance to mothers for overcoming the habit of screaming at their children.

## ***6. SINGLE PARENTING***

**A COMPREHENSIVE GUIDE TO PARENTING ON YOUR OWN** by Dr. Lynda Hunter (Zondervan)

\*BP433\* \$15

Dr. Lynda Hunter combines her personal insights with those of hundreds of single parents across the country to offer this definitive handbook for single parenting. The final chapter, “Getting Remarried,” provides insights for stepparents.

**SUCCESSFUL SINGLE-PARENTING** by Gary Richmond (Harvest)

\*BP485\* \$10

Gary Richmond provides steps to help custodial and non-custodial parents deal with bitterness, loneliness, and anger. He offers practical spiritual counsel to overcome the draining emotions that divert energy away from joy and peace, so that parents can focus on loving their deeply wounded children.

## 7. PARENTING TEENS

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**COLLEGE BOUND** by Thomas A. Shaw

Moody Publishers Chicago

In *Collegebound*, author; parent and Christian educator, Dr. Tom Shaw says, "Relax."

Helping your teen choose the right college can be one of the most rewarding and meaningful journeys you take together.

*Collegebound* will walk you through the process step by step.

*Here are answers to your questions, such as :*

*What is my role as a parent in the college choice process?*

*What spiritual support system will my child find away from home?*

*How do I wade through the admissions and financial aid process?*

*Collegebound* is your one-stop resource filled with the practical help and spiritual inspiration you need to guide your child into a meaningful and successful college experience.

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**EMOTIONALLY HEALTHY TEENAGERS** by Jay Kesler (Word)

\*BP678\* \$16

Dr. Jay Kessler believes that raising emotionally healthy teenagers is a reachable and rewarding goal. He offers solutions to the challenges parents face as they build confidence in their teen through relationship and a progressive "letting go."

**HOW TO LIVE WITH YOUR PARENTS WITHOUT LOSING YOUR MIND** by Ken Davis (Zondervan)

\*BK473\* \$11

Teens are challenged to influence their families by allowing Christ to work through them to make changes in themselves and in the way they view their parents. The book also helps parents understand how they make decisions, assert authority, and express love. This resource is helpful for all teens whether their families are broken or intact, harmonious or unstable.

**HOW TO WIN AT SPORTS PARENTING: MAXIMIZING THE SPORTS EXPERIENCE FOR YOU AND YOUR CHILD** by Jim Sundberg and Janet Sundberg (Waterbrook)

\*BD157\* \$13

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**PARENTS GUIDE TO TOP 10 DANGERS TEENS FACE** by Stephen Arterburn and Jim Burns (Focus on the Family book published by Tyndale)

\*BL010\* \$6

This book (previously titled STEERING THEM STRAIGHT) is designed to help parents reduce the risk of factors that can lead teens and their families into crises. It offers five positive parenting principles and covers topics such as sex, homosexuality, AIDS, suicide, Satanism, runaways, drugs, eating disorders, spiritual values, and communication.

**PREPARING FOR ADOLESCENCE: HOW TO SURVIVE THE COMING YEARS OF CHANGE** by Dr. James Dobson (Regal)

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**TEENAGE BOYS: SHAPING THE MAN INSIDE, SURVIVING & ENJOYING THESE EXTRAORDINARY YEARS** by William Beausay (Waterbrook)

\*BP619\* \$13

Practical advice and principles for parents of teen boys is offered in this volume which addresses subjects such as communication, sports, school, discipline, bonding, conflict resolution, hard times, dating, and spiritual growth.

## ***8. HEALING AND ENCOURAGEMENT***

**HEALING FOR DAMAGED EMOTIONS** by Dr. David Seamands (Victor)

\*BK127\* \$11

Dr. David Seamands describes in a very sensitive way the pain many Christians feel because of damaged emotions, mainly from childhood. Using many illustrations from his years as a pastor and counselor, Dr. Seamands explains low self-esteem, perfectionism, the "real you," and depression.

**THE HURTING PARENT** by Margie Lewis and Gregg Lewis (Zondervan)

\*BK815\* \$11

This is a compassionate book of hope and encouragement for parents who are hurting because of their wayward children. The authors share personal pain over a runaway son and address the emotions of rejection, acceptance, anger,

unconditional love, guilt, and hope.

**THE KEY TO A CHILDS' HEART** by Gary Smalley (Word)

\*BP174\* \$18

Gary Smalley provides some good suggestions for establishing and maintaining a close-knit family in this book. He tells how one can recognize a closed spirit and gives five steps to reopen a child's spirit.

**SURVIVING THE PRODIGAL YEARS: HOW TO LOVE YOUR WAYWARD CHILD WITHOUT RUINING YOUR OWN LIFE** by Marcia Mitchell (Emerald)

\*BP841\* \$9

Designed to encourage hurting parents of rebellious children, this book explores emotions such as anger, fear, shame, anxiety, rejection, and guilt. The author shares real-life testimonies and biblical examples of prodigals and their parents. Referral organizations that offer assistance in dealing with rebellious teens are listed.

## ***9. MANAGING STRESS***

**MARGIN** by Richard A. Swenson (NavPress)

\*BP137\* \$12

Dr. Richard Swenson provides a prescription against the danger of over-committed lives, focusing on margins -- the space between ourselves and our limits -- in four key areas: emotional energy, physical energy, time, and finances.

**THE OVERLOAD SYNDROME** by Dr. Richard A. Swenson (Navpress)

\*BD160\* \$12

Many people load themselves down with activities and responsibilities to the point where their limits are exceeded. Dr. Richard Swenson offers 175 "prescriptions" to counteract stress while restoring time and space to rest and heal.

**WHEN YOU FEEL LIKE SCREAMING** by Grace Ketterman and Pat Holt (Harold Shaw)

\*BK717\* \$6

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