

**The Center for  
Psychology & Counseling**

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**“PARENTING” READING LIST**

**Raising Resilient Children.** Robert Brooks and Sam Goldstein. *Learn to understand why some children are more resilient than others.*

**IF....(Questions for the game of Life).** Evelyn McFarlane and James Saywell. *Designed primarily for adults, this book poses questions that are intended to stimulate anyone’s imagination.*

**Thinking Parent, Thinking Child.** Myrna B. Shure, Ph.D. *Helps parents help their children to figure out for themselves what to do rather than telling them.*

**Parenting That Works. Building Skills That Last a Lifetime.** Edward R. Christophersen, Ph.D. and Susan L Mortweet, Ph.D.

**Setting Limits With Your Strong-Willed Child. Eliminating Conflict by Establishing Clear, Firm and Respectful Boundaries.** Robert J. MacKenzie, Ed.D.

**1 – 2 - 3 Magic: Effective Discipline for Children 2 – 12.** Thomas W. Phelan, Ph.D.

**Siblings Without Rivalry: How to Help Your Children live Together So You Can Live Too.** Adele Faber and Elaine Mazlish.

**Raising Self-Reliant Children in a Self-Indulgent World: Seven Building Blocks for Developing Capable Young People.** H. Stephen Glenn, Ph.D and Jane Nelsen, Ed.D.

**Raising Children Who Think For Themselves.** Elisa Medhus, M.D.

**Playground Politics: Understanding the Emotional Life of Your School-Age Child.** Stanley I. Greenspan, M.D.