How to Care for Aging Parents, 3rd Edition: A One-Stop Resource for All Your Medical, Financial, Housing, and Emotional Issues
Feb 11, 2014 by Virginia Morris and Jennie Chin Hansen RN MSN FAAN

"How to Care for Aging Parents is an authoritative, clear, and comforting source of advice and support for the ever-growing number of Americans—now 42 million—who care for an elderly parent, relative, or friend. And now, in its third edition, it is completely overhauled and updated, chapter-by-chapter and page-by-page, with the most recent medical findings and recommendations. It includes a whole new chapter on fraud; details on the latest "aging in place" technologies; more helpful online resources; and everything you need to know about current laws and regulations. Also new are fill-in worksheets for gathering specifics on medications; caregivers' names, schedules, and contact info; doctors' phone numbers and addresses; and other essential information in one handy place at the back of the book.

From having that first difficult conversation to arranging a funeral and dealing with grief—and all of the other important issues in between—How to Care for Aging Parents is the essential guide."
Active Parenting: A Parent's Guide to Raising Happy and Successful Children
Oct 7, 2014 | Unabridged by Michael H. Popkin

Dr. Michael Popkin—one of the nation’s foremost experts on parent education—explains positive discipline and communication techniques to help your family run more smoothly. This guide shows you why children misbehave and how to redirect them, nonviolent discipline that really works, how to prevent future problems with drugs, and much more. Millions of parents have used this "active" approach to raise courageous, cooperative children—and now you can, too!

Additional Parenting Resource Titles Available:
Parenting Your 1-4 Year Old
Active Parenting of Teens: 3rd Edition 2009 Update
Active Parenting for Stepfamilies: For Parents and Stepparents


"If you struggle with addiction, seeking treatment is a powerful, positive first step toward eventual recovery. But gaining an understanding of the causes of addiction—such as feelings of helplessness or loss of control—is also crucial for recovery. In this book, addiction expert Suzette Glasner-Edwards offers evidence-based techniques fusing cognitive behavioral therapy (CBT), motivational interviewing, and mindfulness-based relapse prevention to help you move past your addictive behaviors.

On the long road to addiction recovery, you need as many tools as possible to help you stay sober and reach your destination. That's why this is the first book to combine research-proven motivational techniques, CBT, and mindfulness-based strategies to help you create your own unique recovery plan. The book can be used on its own or as an adjunct to rehab or therapy. It also makes a wonderful resource for loved ones and professionals treating addiction.

If you're ready to take that important first step toward recovery, this book can help you beat your addiction and get back to living a full, meaningful life."
Why Didn't They Teach Me This in School?: 99 Personal Money Management Principles to Live By by Cary Siegel

"Why do high schools and colleges require students to take courses in English, math and science, yet have absolutely no requirements for students to learn about personal money management? Why Didn't They Teach Me This in School? 99 Personal Money Management Lessons to Live By was initially developed by the author to pass on to his five children as they entered adulthood. As it developed, the author realized that personal money management skills were rarely taught in high schools, colleges and even in MBA programs. Unfortunately, books on the subject tend to be complicated, lengthy reads. The book includes eight important lessons focusing on 99 principles that will quickly and memorably enhance any individual's money management acumen. Unlike many of the personal money management books out there, this book is a quick, easily digested read that focuses more on the qualitative side than the quantitative side of personal money management. The principles are not from a text book. Rather, they are practical principles learned by the author as he navigated through his financial life. Many are unorthodox in order to be memorable and provoke deeper thought by the reader. Not only an excellent graduation gift for high school and college students but also a great read for any adult! ALSO AVAILABLE IN SPANISH - "POR QUE NO ME ENSENARON ESTO EN LA ESCUELA?"

Building Resilience in Children and Teens: Giving Kids Roots and Wings by Kenneth R. Ginsburg MD FAAP

"This award-winning guide from bestselling author and pediatrician Dr. Ken Ginsburg guides parents and other caring adults how to help kids from the age of 18 months to 18 years build the seven crucial "C's"--competence, confidence, connection, character, contribution, coping, and control. These are the critical ingredients young people need to bounce back from life's challenges and thrive far into the future. This invaluable book will guide you how to put into place the parenting style and communication strategies that will prepare your child for a meaningful and successful life. It provides a wide range of tactics, including building on children's natural strengths, fostering their hope and optimism, guiding them to avoid risky behaviors, and teaching them the lifelong necessity of caring for their physical and emotional needs. "Building Resilience" directly addresses how adolescents sometimes respond to stress by either indulging in unhealthy behaviors or giving up completely. It offers detailed coping strategies to help children and teens deal with stress due to academic pressure, high achievement standards, media messages, peer pressure, and family tension. Equipped with these strategies, our children will be more likely to be poised for success and less likely to turn to the dangerous quick fixes we fear.

This edition includes new content on the topics of strengthening grit, changing one's perception of stressors so we can better manage them, and building the kind of family that will honor each individual's independence while striving towards creating the interdependence that keeps us healthy and connected.
Also included are 15 cloud-based parent videos with the option to purchase over 100 more. This leading-edge multimedia format will allow you to better share resilience-building strategies with your spouse, teens, or community/school organizations.”

On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss by Elisabeth Kübler-Ross

Ten years after the death of Elisabeth Kübler-Ross, this commemorative edition of her final book combines practical wisdom, case studies, and the authors' own experiences and spiritual insight to explain how the process of grieving helps us live with loss. Includes a new introduction and resources section.

Elisabeth Kübler-Ross's On Death and Dying changed the way we talk about the end of life. Before her own death in 2004, she and David Kessler completed On Grief and Grieving, which looks at the way we experience the process of grief.

Just as On Death and Dying taught us the five stages of death—denial, anger, bargaining, depression, and acceptance—On Grief and Grieving applies these stages to the grieving process and weaves together theory, inspiration, and practical advice, including sections on sadness, hauntings, dreams, isolation, and healing. This is "a fitting finale and tribute to the acknowledged expert on end-of-life matters" (Good Housekeeping).

The Co-Parents' Handbook: Raising Well-Adjusted, Resilient, and Resourceful Kids in a Two-Home Family from Little Ones to Young Adults by Karen Bonnell

When it comes to a child's sense of family, what divorce breaks apart, solid co-parenting rebuilds. With a tested "here's how" approach, The Co-Parents' Handbook helps parents confidently take on the challenges of raising children in two homes.

Addressing parents' questions about the emotional impact of separation, conflict, grief and recovery, the authors skillfully provide a road map for all members of the family to safely navigate through separation/divorce and beyond. Parents discover through practical guidance how to move from angry/hurt partners to constructive, successful co-parents.

The pages are chock-full of helpful strategies to resolve day-to-day issues in an easy-to-use format. This book is here to answer questions, help parents co-parent and ensure kids thrive! We will show you ways to:

- Successfully work through difficult feelings while forming your "business of co-parenting relationship"
- Build a mutually respectful co-parenting relationship
- Keep your children front and center while protecting them from adult conflict and concerns
- Understand your children's needs as they navigate the loss and change of divorce
- Help your children build resilience and competence in the face of family change
- Implement strategies and protocols for day-to-day living in a two-home family that work

Divorce Survival Guide: The Roadmap for Everything from Divorce Finance to Child Custody
by Calistoga Press

Facing a divorce can be overwhelming, as you confront complex questions about everything from finances to child custody to your emotional well-being. The Divorce Survival Guide walks you through every step of the divorce process with straightforward tips, techniques, and checklists. It outlines your legal, parental, and financial rights, and details common scenarios that may arise in the legal proceedings so that you can make informed and thoughtful decisions. Most important, The Divorce Survival Guide helps you through the complex emotional work of divorce, with tips on handling stress, and techniques for protecting and communicating with your children.

The Divorce Survival Guide will be your practical guide to the divorce process, with:

- An easy-to-follow guide to the initial divorce steps, including how to understand divorce laws and your legal rights
- Information on protecting your finances, such as how to divide your property fairly, protect your credit, and uncover hidden assets
- A helpful quiz to find out whether you should get an attorney, from the editors of The Divorce Survival Guide
- Essential information for understanding custody, child support, and how to give your child emotional security
- Practical techniques for reducing stress, understanding the emotional stages of divorce, and dealing with mutual relationships

When Your Adult Child Breaks Your Heart: Coping with Mental Illness, Substance Abuse and the Problems That Tear Families Apart

Behind nearly every adult who is accused of a crime, becomes addicted to drugs or alcohol, or who is severely mentally ill and acting out in public, there is usually at least one extremely stressed-out parent. This parent may initially react with the bad news of their adult child behaving badly with, "Oh no!" followed by, "How can I help to fix this?" A very common third reaction is the thought, "Where did I go wrong--was it something I said or did, or that I failed to do when my child was growing up that caused these issues? Is this really somehow all my fault?" These parents then open their homes, their pocketbooks, their hearts, and their futures to "saving" their adult child--who may go on to leave them financially and emotionally broken. Sometimes these families also raise the children their
adult children leave behind: 1.6 million grandparents in the U.S. are in this situation.

This helpful book presents families with quotations and scenarios from real suffering parents (who are not identified), practical advice, and tested strategies for coping. It also discusses the fact that parents of adult children may themselves need therapy and medications, especially antidepressants. The book is written in a clear, reassuring manner by Dr. Joel L. Young, medical director of the Rochester Center for Behavioral Medicine in Rochester Hills, Michigan; with noted medical writer Christine Adamec, author of many books in the field.

This is a Book for Parents of Gay Kids: A Question and Answer Guide to Everyday Life

Written in an accessible Q&A format, here, finally, is the go-to resource for parents hoping to understand and communicate with their gay child. Through their LGBTQ-oriented site, the authors are uniquely experienced to answer parents’ many questions and share insight and guidance on both emotional and practical topics. Filled with real-life experiences from gay kids and parents, this is the book gay kids want their parents to read.

The Essential Guide to Bullying: Prevention and Intervention

Written in an accessible Q&A format, here, finally, is the go-to resource for parents hoping to understand and communicate with their gay child. Through their LGBTQ-oriented site, the authors are uniquely experienced to answer parents’ many questions and share insight and guidance on both emotional and practical topics. Filled with real-life experiences from gay kids and parents, this is the book gay kids want their parents to read.
Booklets:
The Science of Addiction: Drugs, Brains and Behavior
Rethinking Drinking: Alcohol and your Health
Caring for Person with Alzheimer's Disease
End of Life: Helping with Comfort and Care
Saving for Retirement: What Do You Know?
Talking with your Doctor: A Guide for Older People
FDIC Consumer News: You Can Organize and Simplify Your Financial Life
Drugs: Shatter the Myths
New Life Styles Source for Senior Living (Quarterly Guide for Southeast Michigan)