



Recommended Reading for Parents and Professionals

Arnett, Jeffrey Jensen, *Emerging Adulthood*. New York: Oxford University Press, Inc., 2004.

Coburn, Karen and Treeger, Madge, *Letting Go: A Parents' Guide to Understanding the College Years*. New York: Quill (Harper Collins), 2009.

Kadison, Richard and DiGeronimo, Theresa, *College of The Overwhelmed: The Campus Mental Health Crisis and What to Do About It*. California: Jossey-Bass, 2004.

Kastner, Laura, and Wyatt, Jennifer, *The Launching Years: Strategies for Parenting From Senior Year to College Life*. New York: Three Rivers Press, 2002.

Lavoie, Richard, *It's So Much Work to be Your Friend: Helping the Child with Learning Disabilities Find Social Success*. New York: Simon and Schuster, 2005.

Lythcott-Haims, Julie, *How to Raise an Adult: Break Free of the Overparenting Trap and Prepare Your Kid for Success*. New York: Henry Holt and Company, 1915.

Liebow, David, *What To Do When College Is Not The Best Time Of Your Life*. New York: Columbia University Press, 2010.

Siegel, Michelle and Brisman, Judith, and Weinshel, Margot, *Surviving An Eating Disorder: Strategies for Family and Friends*. New York: HarperCollins, 2009.

Skenazy, Lenore, *Free-Range Kids, How to Raise Safe, Self-Reliant Children (Without Going Nuts with Worry)*. New Jersey: John Wiley and Sons, 2010.

Yellin, Susan, and Bertsch, Christina, *Life After High School: A Guide for Students with Disabilities and Their Families*. London and Philadelphia: Jessica Kingsley Publishers, 2010.