Books on Anxiety and Relaxation
Freeing Your Child from Anxiety: Powerful, Practical Solutions to Overcome Your Child’s Fears, Worries, and Phobias - Chansky
Helping Your Anxious Child: A Step-by-Step Guide for Parents - Rapee
Parenting Your Anxious Child with Mindfulness and Acceptance - McCurry
Raising an Emotionally Intelligent Child - Gottman

Books on Depression
Conquering the Beast Within: How I Fought Depression and Won…and How You Can, Too - Irwin
Freeing Your Child from Negative Thinking: Powerful, Practical Strategies to Build a Lifetime of Resilience, Flexibility and Happiness - Chansky
Monochrome Days: A First-Hand Account of One Teenager’s Experience With Depression - Irwin, Evans, and Wasmer Andrews
When Nothing Matters Anymore: A Survival Guide for Depressed Teens - Cobain
Raising a Moody Child: How to Cope With Depression and Bipolar Disorder - Fristad and Goldberg Arnold

Books on Bipolar Disorder
Raising a Moody Child: How to Cope With Depression and Bipolar Disorder - Fristad and Goldberg Arnold
The Bipolar Teen: What You Can Do to Help Your Child and Your Family - Miklowitz and George
New Hope for Children and Teens with Bipolar Disorder - Birmaher

Books on OCD
Talking Back to OCD - March
What To Do When Your Brain Gets Stuck - Huebner
Freeing Your Child from OCD - Chansky

Books on Self Harm and Extreme Moodiness
I Hate You, Don’t Leave Me - Jerold, Kreisman, Strauss
Stop Walking on Eggshells - Mason & Kreger
Freedom from Self-Harm: Overcoming Self Injury with Skills from DBT and Other Treatments - Gratz & Chapman
Helping Teens Who Cut: Understanding and Ending Self-Injury - Hollander