This is a list of book resources that Sashbear FC participants have shared with us during our FC groups. These are not necessarily Sashbear recommendations but rather a compiled list of resources our participants have shared with us that have been useful to them.

**Parenting/Miscellaneous skills:**

- *Handbook of Mentalizing in Mental Health Practice*
- *Yes, Your Teen Is Crazy! Loving Your Kid Without Losing Your Mind*
- *High-conflict Couple: A Dialectical Behavior Therapy Guide to Finding Peace, Intimacy & Validation*
- *Destructive Emotions: How Can We Overcome Them?*
- *The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children*
- *The Power of Validation: An Atypical Child Against Bullying, Peer Pressure, Addiction, Self-Harm & Out-of-Control Emotions*
- *Parenting a Child Who Has Intense Emotions: Dialectical Behavior Therapy Skills to Help Your Child Regulate Emotional Outbursts & Aggressive Behaviors*
- *Helping teens who cut: Understanding and ending self-injury*
Borderline Personality Disorder Specific: