

# Wisdom for Life School

## **Recommended Reading Resources for Parents**

### Education for Life

- *Education For Life*, J Donald Walters (Summary of the school model we use) <http://www.ananda.org/inspiration/books/efl/index.html>
- *For Goodness' Sake: Supporting Children & Teens in Discovering Life's Highest Values* by Michael Nitai Deranja (Founder of the Nevada City EFL ) school <http://www.livingwisdom.org/philosophy/resources.htm>
- *Calm, Compassionate Children*, Susan Dermond (Director at the Portland Oregon, EFL school and one of our mentors)
- *Supporting Your Child's Inner Life*, by Toby Moorhouse. ( booklet (based on Toby's 12 years teaching at Ananda EFL School, gives parents and teachers ideas on how to guide children to the quiet and peace within)

### Spirituality

- *The Secret Spiritual Life of Children*, Tobin Hart, Ph.D.
- *The Common Vision-Parenting and Educating for Wholeness*, David Marshak (great comparison of alternative models)
- *Nurturing Spirituality in Children*, Peggy J. Jenkins, Ph.D.
- *Sharing Nature with Children*, By Joseph Cornell (Introduces the concept of “Flow Learning” and fun nature games and activities which develop an appreciation for nature)
- *The Indigo Children*, Lee Carroll and Jan Tober
  
- *I Came from Joy: Spiritual Affirmations & Activities for Children*, Lorna Knox
- *Teaching Meditation to Children*, Fontana, David & Ingrid Slack.
- *Everyday Blessings: The Inner Work of Mindful Parenting*, Kabat-Zinn, Jon and Myla.
- *Mitten Strings for God*, Kenison, Katrina.

### Parenting

- *Easy to Love, Difficult to Discipline: The seven basic skills for turning conflict into cooperation*, by Dr. Becky Bailey
- *I Love you Rituals*, by Becky Bailey
- *Redirecting Children's Behavior*, Kathryn Kvols and Bill Riedler
- *Self-Esteem: a Family Affair*, Jean Clarke
- *Scary News: 12 Ways to Raise Joyful Children When the Headlines are Full of Fear*, Lorna Knox
- *How to Talk So Kids Will Listen & Listen So Kids Will Talk*
- *Building Moral Intelligence: The Seven Essential Virtues that Teach Kids to Do the Right Thing*, Michele Borba
- *Parent Talk: Words that Empower, Words that Wound*, Chick Moorman
- *Positive Discipline*, Jane Nelsen
- *Models of Love*, Barry & Joyce Viselle. Please also visit our Seaside, Catch the Spirit book store
- *Busy but Balanced*, Mimi Doe

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760.753.5786 \*8.12# or <http://www.seasidechurch.org/books/>

