

Book list for Families of Middle Schoolers:

Brainstorm: The Power and Purpose of the Teenage Brain
by Daniel J. Siegel, MD

Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children
by Linda Lantieri

Invisible Influence: The Hidden Forces That Shape Behavior
by Jonah Berger

Making Grateful Kids: The Science of Building Character
by Jeffrey J. Froh and Giacomo Bono

Odd Girl Out: The Hidden Culture of Aggression in Girls
by Rachel Simmons

The Teenage Brain: A Neuroscientist's Survival Guide to Raising Adolescents and Young Adults
by Frances E. Jensen, MD

UnSelfie: Why Empathetic Kids Succeed in Our All-About-Me World
by Michele Borba, EdD