

Resources for Parents from Julie Lythcott-Haims

1. My [2016 TED Talk](#) on the harm of overparenting.
2. [2020 Article in *The Atlantic*](#) summarizing leading research out of Yale on the role parents can inadvertently play in fomenting anxiety in their children.
3. My [2021 article](#) about over-accommodating my son's fears, to his detriment.
4. A [2022 podcast episode](#) featuring my adult son Sawyer and me reflecting on his neurodivergence journey.
5. My books
 - [Your Turn: How to Be an Adult](#)
 - [How to Raise an Adult: Break Free of the Overparenting Trap and Prepare Your Kid for Success](#)
 - [Real American: A Memoir](#)
6. Books I recommend for parents of neurodivergent kids/kids with learning differences
 - [Thinking Differently: An Inspiring Guide for Parents of Children with Learning Disabilities](#), by David Flink
 - [Driven to Distraction](#), by Edward (Ned) Hallowell
 - [Answers to Distraction](#), by Ned Hallowell
 - [Delivered from Distraction](#), by Ned Hallowell
 - [You Mean I'm Not Lazy, Stupid, or Crazy?!](#), by Kate Kelly and Peggy Ramundo
7. Parenting books I recommend generally
 - [12 Simple Secrets Moms Know](#), by Michele Borba
 - [The Addiction Inoculation: Raising Healthy Kids in a Culture of Dependence](#), by Jessica Lahey
 - [The Bottom Line for Baby](#), by Tina Payne Bryson
 - [Building Moral Intelligence](#), by Michele Borba
 - [The Curse of the Good Girl](#), by Rachel Simmons
 - [Differently Wired: Raising an Exceptional Child in a Conventional World](#), by Debbie Reber
 - [DOABLE: The Girls' Guide to Accomplishing Just About Anything](#), by Debbie Reber
 - [The Emotional Lives of Teenagers: Raising Connected, Capable, and Compassionate Adolescents](#), by Lisa Damour

- [*End Peer Cruelty. Build Empathy*](#), by Michele Borba
- [*Enough As She Is: How to Help Girls Move Beyond Impossible Standards of Success to Live Healthy, Happy, and Fulfilling Lives*](#), by Rachel Simmons
- [*The Gift of Failure: How the Best Parents Learn to Let Go So Their Children Can Succeed*](#), by Jessica Lahey
- [*The Good News About Bad Behavior, Why Kids Are Less Disciplined Than Ever— And What to Do About It*](#), by Katherine Reynolds Lewis
- [*Growing Up in Public: Coming of Age in a Digital World*](#), by Devorah Heitner
- [*Happy Campers: 9 Summer Camp Secrets for Raising Kids Who Become Thriving Adults*](#), by Audrey Monke
- [*The Happy Kid Handbook*](#), by Katie Hurley
- [*Middle School Matters: The 10 Key Skills Kids Need to Thrive in Middle School and Beyond - and How Parents Can Help*](#), by Phyllis Fagell
- [*Middle School Superpowers*](#), by Phyllis Fagell
- [*Minimalist Parenting*](#), by Christine Koh
- [*Motherhood So White: A Memoir of Race, Gender, and Parenting in America*](#), by Nefertiti Austin
- [*No Drama Discipline*](#), by Tina Payne Bryson
- [*No More Mean Girls*](#), by Katie Hurley
- [*Odd Girl Out: The Hidden Culture of Aggression in Girls*](#), by Rachel Simmons
- [*The Power of Showing Up*](#), by Tina Payne Bryson
- [*The Price of Privilege*](#), by Madeline Levine
- [*Ready or Not: Preparing Our Kids to Thrive in an Uncertain and Rapidly Changing World*](#), by Madeline Levine
- [*Screenwise*](#), by Devorah Heitner
- [*The Self-Driven Child*](#), by Ned Johnson
- [*The Stress-Buster Workbook for Kids*](#), by Katie Hurley
- [*Teach Your Children Well*](#), by Madeline Levine
- [*Thrivers: The Surprising Reasons Some Kids Struggle and Others Shine*](#), by Michele Borba
- [*Under Pressure: Confronting the Epidemic of Stress and Anxiety in Girls*](#), by Lisa Damour
- [*UnSelfie: Why Empathetic Kids Succeed in our All-About-Me-World*](#), by Michele Borba
- [*Untangled: Guiding Teenage Girls Through the Seven Transitions into Adulthood*](#), by Lisa Damour
- [*What Do You Say?: How to Talk with Kids to Build Motivation, Stress Tolerance, and a Happy Home*](#), by William Stixrud and Ned Johnson
- [*The Whole-Brain Child*](#), by Tina Payne Bryson
- [*The Yes Brain*](#), by Tina Payne Bryson

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