

Psychotherapy, Medication, and Alternate Treatments

Appleton, William S. (2000). *Prozac and the New Antidepressants*. New York, NY: Plume. *Readable, informative book about the use of antidepressants. Discusses benefits and side effects.*

Garber, Stephen W. (1997). *Beyond Ritalin: Facts About Medication and Other Strategies for Helping Children, Adolescents, and Adults with Attention Deficit Disorders*. New York, NY: HarperCollins, Inc. *Information and advice about medication.*

Heininger, Janet E. and Sharon K. Weiss. (2001). *From Chaos to Calm: Effective Parenting for Challenging Children with ADHD and Other Behavior Problems*. New York, NY: Perigree Books. *Good chapter on how to use medications for ADHD children.*

Ratey, John J. and Eric Hagerman. (2008). *Spark: The Revolutionary New Science of Exercise and the Brain*. New York, NY: Little, Brown and Company. *Provides evidence, including case studies, that shows the positive effect of exercise on the brain's functioning, including coping with stress, lifting mood, fighting memory loss, and sharpening intellect.*

Wilens, Timothy E. (2008). *Straight Talk about Psychiatric Medications for Kids*. 3rd Rev. ed. New York, NY: The Guilford Press. *Good summary of how medications are best utilized with children.*