


















Recommended Reading List

-  *Emotional Intelligence: Why It Can Matter More Than IQ* by Daniel Goleman
-  *The Emotional Intelligence Quick Book* by Dr. Travis Bradberry, Jean Greaves, and Patrick Lencioni
-  *Emotional Intelligence 2.0* by Dr. Travis Bradberry, Jean Greaves, and Tom Parks
-  *Emotionally Intelligent Parenting: How to Raise a Self-Disciplined, Responsible, Socially Skilled Child* by Dr. Maurice Elias, Dr. Steven Tobias, & Dr. Brian Friedlander
-  *Raising an Emotionally Intelligent Child* by Dr. John Gottman
-  *Primal Leadership: Learning to Lead with Emotional Intelligence* by Daniel Goleman
-  *Mindsight: The New Science of Personal Transformation* by Daniel J. Siegel, M.D.
-  *Brainstorm: The Power and Purpose of the Teenage Brain* by Daniel J. Siegel, M.D.
-  *Parenting from the Inside Out* by Daniel J. Siegel, M.D.
-  *The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind* by Daniel Siegel. M.D.
-  *How Children Succeed: Grit, Curiosity, and the Hidden Power of Character* by Paul Tough
-  *The Mindful Child: How to Help Your Kid Manage Stress and Become Happier, Kinder, and More Compassionate* by Susan K. Greenland
-  *Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children* by Daniel Goleman and Linda Lantieri
-  *Queen Bees and Wannabes: Helping Your Daughter Survive Cliques, Gossip, Boyfriends, and the New Realities of Girl World* by Rosalind Wiseman
-  *Odd Girl Out: The Hidden Culture of Aggression in Girls* by Rachel Simmons
-  *Raising Cain: Protecting the Emotional Life of Boys* by Dan Kindlon and Michael Thompson
-  *Real Boys: Rescuing Our Sons from the Myths of Boyhood* by William Pollack