

## Conscious Parenting Resources

*The Body Book for Boys*  
by Rebecca Paley, Grace Norwich  
and Jonathan Mar

*The Care and Keeping of You:  
the Body Book for Younger Girls*  
by Valorie Schaefer

*The Care and Keeping of You 2:  
The Body Book for Older Girls*  
by Cara Natterson

*Father for Life: A Journey of Joy,  
Challenge and Change*  
by Armin Brott

Holistic Mom's Network  
[HolisticMoms.org](http://HolisticMoms.org)

*Last Child in the Woods*  
by Richard Louv

*The New Puberty*  
by Louise Greenspan, M.D.,  
and Julianna Deardorff, Ph.D.

*Parenting the Lefkoe Way*  
[TheLefkoeWay.com](http://TheLefkoeWay.com)

*Parenting with Presence*  
by Susan Stiffelman

*Raising Happiness: 10 Simple  
Steps for More Joyful Kids and  
Happier Parents*  
by Christine Carter